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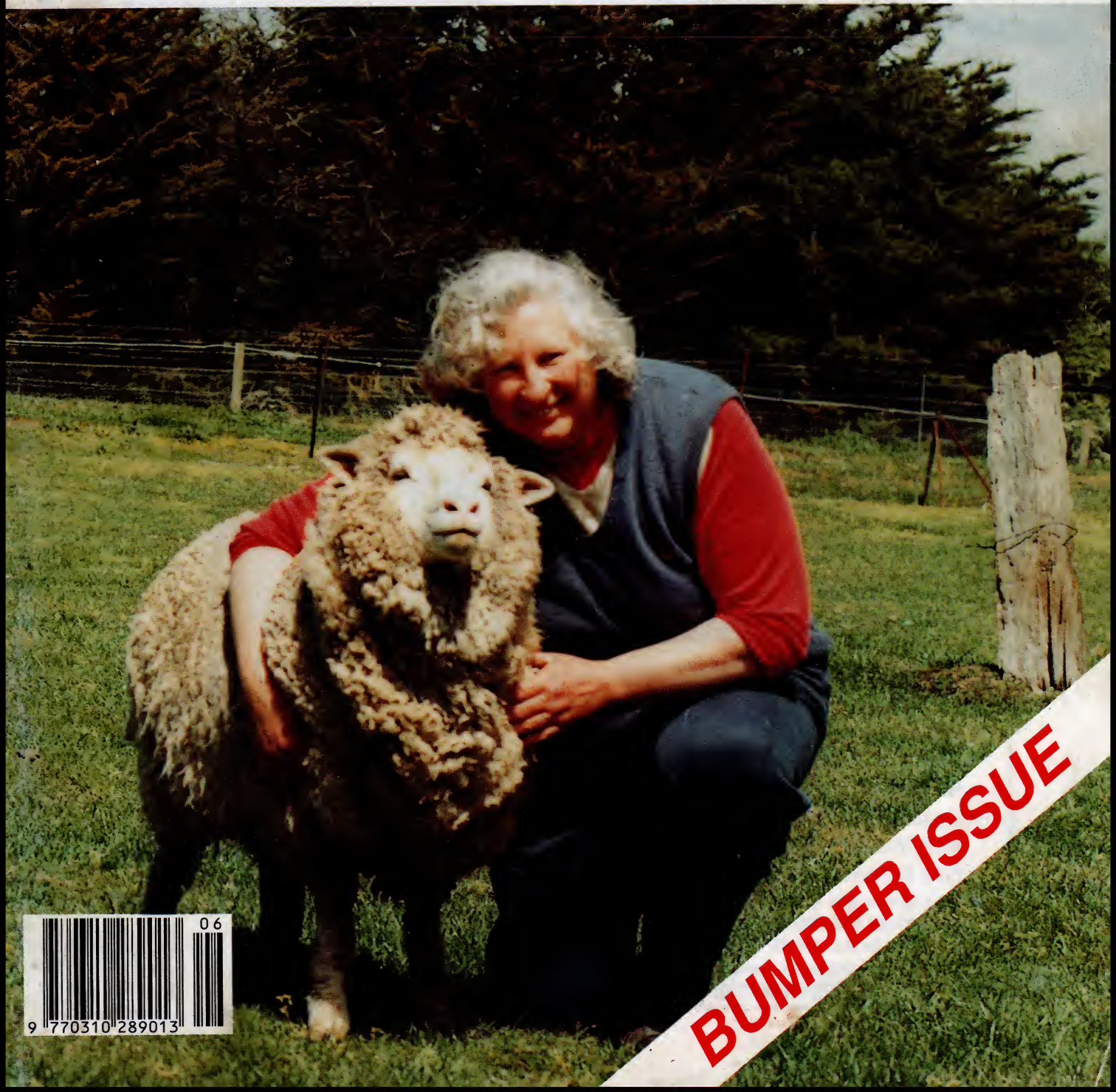
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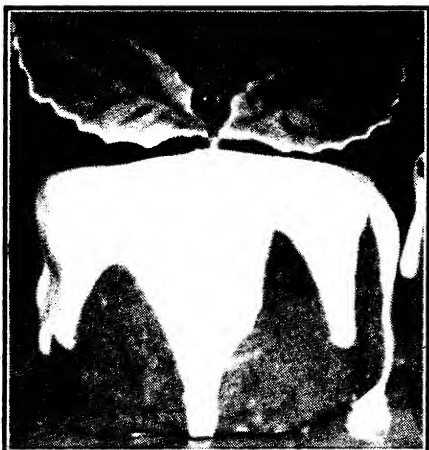
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Back Cover: Mary's Jersey cow, one of the best producers in her small herd of house cows.

* * *

Edited by Megg Miller

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GUMNUT GOSSIP

by Megg Miller.

This *Grass Roots* is a special one for me – it is the 100th issue I have nurtured into print, quite a feat when you consider how frequently people chop and change in regard to their jobs and career paths. Although I contributed to the early issues, the responsibility for content and pasting up had fallen on David's shoulders and when the load got too heavy it was logical I shared some of it. I didn't, however, give the future a thought when I resigned from teaching in 1977 to work on No 12 and certainly never envisaged I would be spending the next two decades on the treadmill pursuing deadlines. And work from deadline to deadline is what we do because of the relentlessness of the two-monthly cycle. There are a couple of flexible weeks after we pack off the subscribers' copies but by and large there is always a deadline looming over us. Fortunately, there is more to my job than just production. A lot of the intervening time following No 12 was spent in a quiet corner of the office answering many of the letters we received, researching and writing or illustrating and pasting up books and GR. When I look at the chaotic nature of my days now I wish I'd been aware of how civilised and pleasant working was back then. Maybe I'm prejudiced by nostalgia because life, when it's being lived, is never as rosy as the past. Time blurs the edges of memories and the little irritations and disappointments fade from thought. Most of my days now are so diverse and full I wonder how I thought I was busy then, and this is taking into account the thoughtful assistance I receive from my fellow workers. What hasn't changed in that time is the sense of enrichment I gain from working with committed staff and from talking with folk who enjoy GR or share their lives through the letters and articles they write.

The new-look GR last issue took many readers by surprise and some contacted us to say they walked right past it in their search for the old familiar cover. Thank you to everyone who took the time to tell us what they thought about it, the response was quite overwhelming. Most people liked it or appreciated our point of view, some felt it would take time to adjust to and a small number felt very strongly that it was a retrograde step. As someone who doesn't embrace change quickly I can empathise with those who prefer the old style – it was unique and set

GR apart from other magazines. This was relevant when the old cover was introduced on No 18, in fact it aptly summed up how different our readers' lives were then from all and sundry. We want to bridge the gap between the 'them and us' attitude now and to encourage ordinary everyday Australians to adopt the sound, sustainable practices we espouse. Healthy meaningful lives are better for both the individual and society at large.

Our office organisation was tipped topsy turvy recently with the resignation of Robyn. She decided to seek full-time employment and successfully gained a position closer to home working on the local newspaper. As Rob maintained a running conversation with the computer – despite the fact it never once replied – it has taken us a couple of weeks to get used to the silence. Kim has stepped magnificently into the gap left by Rob and I'm proud to say has set this issue like a professional. We miss Rob and wish her well in her new employment and wonder how the larger, open office she's now in copes with her fascinating monologue.

Whilst still on office gossip, the last two months have been a busy social time for several of us with a 21st and a family wedding to discuss. No sooner was Sunshine's 21st out of the way and fading from our coffee break conversation when it was replaced with discussions about the November wedding of Christine's daughter. Poor Chris has had to manage the phones and deadline crisis whilst knotted up with anxiety over this imminent event. It proved a fairy tale occasion enjoyed by all present, including Chris. When we passed around the photos and listened to her description of the celebration there were damp eyes and sniffles amongst several of we romantics-at-heart. Whew! Now we can get back to the serious business of work, although it's a pleasure to share each other's family milestones.

I mentioned earlier the sense of enrichment that is a benefit of working on GR and have a special letter that illustrates what I mean. It is a lovely note, typical in many ways of the correspondence we receive. I hope you also feel better for reading it.

This morning I made a painful decision to offer all of my *Grass Roots* magazines for sale to a genuine 'grass rooter'. The inevitable has touched me on the shoulder and I must now settle



my affairs. Nobody in my family is in the least interested in doing things the *Grass Roots* way, but I absolutely know that in the near future this way of life will be the norm again. My precious magazines are too valuable to end up in some dusty junk shop. The important thing is that they go to people who will genuinely use them to weave their dreams of self-sufficiency, in harmony with nature.

I never achieved that dream, but still I won't give up on life. Without our dreams, we begin to die. I lived my dream through *Grass Roots*, but to those of you wondering if you should take the plunge I say, 'Go for it!' But learn all you can first, set realistic goals, love each other enough to weather all setbacks, and remember that every crisis, every setback, every experience you ever have in your life is sent for growth and enrichment. There is so much living to be done, even when the shadows draw close. Society has squeezed me into a tiny unit on a tiny patch of suburbia, but in my garden – no bigger than the usual lounge room – the two fruit trees are promising fruit in their season, the first iris is in bloom, buds are swelling on the kiwi vine, the cherry tomatoes are ripening full and sweet, the goldfish are dancing and the tiny waterfall singing, and this evening I shall harvest my supper from the rows of containers in which I grow at least some of my food – snowpeas, broccoli, tomatoes, tatsoi, cauliflowers, Brussels sprouts, beans, chard, leeks, even a 12 inch long Chinese radish hidden behind the broad beans! In summer I can look forward to grapes, passionfruit, kiwifruit, melons, plums and apricots, and all of the salad and summer vegetables. Oh, I forgot to mention the water chestnuts in their own little pool at the top of the waterfall.

To Megg, David and all those readers who have made *Grass Roots* possible over the decades, I say a heartfelt 'Thank you'. When I read your letters the loneliness flees, giving place to hope and joy for this wonderful planet we call home. Please, will you continue to love it and our fellow creatures, for me?

May the blessings be,
Mrs Margaret Bromley.

Thank you Margaret. Merry Christmases from all at GR.

BRADILOVICH FARM

by David Miller, Shepparton, Vic.

Mary and Radovan Bradilovich live on their fifteen acre property near Kyneton, Victoria. Radovan works off the farm during the week and helps out at weekends, while Mary is full-time manager of the livestock. It takes long hours to keep the farm going and make it pay, but Mary trained in farm management from an early age.

Beautiful Bradilovich farm stretches down to the Campaspe River which flows along the southern boundary of the property, providing a scenic backdrop for sheep, cattle, and many varieties of poultry. When we arrive, Mary is busy with visitors – one is delivering some goslings that Mary will raise, and the other buying duck eggs. When they leave, Mary reappears to greet us. She is a bright, cheerful and enthusiastic person with a healthy, outdoor complexion, who loves being with the livestock, revelling in feeding, tending, cleaning and managing all the farm's inhabitants.

Mary grew up in Gippsland. Her family were dairy farmers who started out by sharefarming to earn enough capital to gradually buy their own herd and then purchase a property. They bought a farm at Poowong, Victoria when Mary was 12 years old, and despite having five younger brothers, Mary worked with her father as often as possible, learning farm management and the many practical skills required to manage a property successfully.

At 18 years of age, she left home to pursue a nursing career, but eventually became a governess on a Queensland sheep station where the nearest neighbour lived five miles away. She still has fond memories of driving 50 miles into town for the movies on Friday nights, and sitting out in the open on canvas seats to watch the film.

Mary subsequently returned to the family farm and a series of housekeeping jobs which didn't really satisfy her interest in the outdoors. So in the 1980s, she retrained as a family day care worker, and, when she and Radovan bought their property, she was able to earn extra income by providing day care for local children. This did not interfere with her management of the property and Rad could retain his full-time job off the farm.

The family day care programme enables a trained person to mind up to eight children each day at home. Payment and placement is organised by a supervisor

who matches children with the different carers and the whole programme works well for the children, the parents and Mary. The kids receive excellent care because Mary is such a good manager and has plenty of work with livestock which never fails to capture the children's interest. Mary can make an extra income at home while she works the property and the parents are pleased that their children experience a working farm first hand.

Mary and Radovan bought the farm five years ago and farm organically, although the property is not registered as such. Mary's main interest has been in self-sufficiency and she and Rad have planted many fruit and nut trees to complement their vegie garden, but she has become fascinated with the idea of keeping and preserving rare breeds. Her interest developed because she wanted to learn more about poultry, so she decided to enter her Elizabeth ducks in the local shows to learn about pure breed-

ing and to see if her stock was up to standard. She gradually developed an excellent strain of birds which won her best bird in show out of 58 entries. Knowing she can breed to a standard with success, Mary is now developing her rare varieties of poultry and finding this takes up most of her spare time, so showing birds has not been her highest priority.

Mary would like to open a tourist farm with her rare breeds as the main attraction, but this project would require precious capital to improve fencing and facilities, as well as council approval. So in the meantime she is happy keeping her livestock in tip-top condition, working to promote the rare breeds she keeps and helping Rad with the tree planting programme at weekends.

MARY'S MARVELLOUS MENAGERIE

Cows and Calves

Kept to provide milk for the household



Mary with her dairy heifers; they just walk right up to you.

and is used to produce butter, yoghurt, and cheese. Some is fed to the pigs. Calves are sold as pets or as future house cows because they are so quiet and are available at four months of age. Some calves are bought and fed on the cow's milk produced on the farm. Mary is using a Highland bull in the herd at present.

Pigs

Most of the pigs have been sold, but Mary still has one of her Saddleback x Duroc boars which is kept with a friend's black, pet sow.

Mary has a wide range of waterfowl which includes the following.

Khaki and Dark Campbell ducks

These are the egg layers which produce for farm sales and to Asian food stores in Melbourne. Fertile eggs are for sale to breeders and eggs are used in the home. Mary finds them excellent for omelettes and pancakes and they make great sponges. Any that are not up to standard go to the pig.

Blue Swedish and Saxony ducks

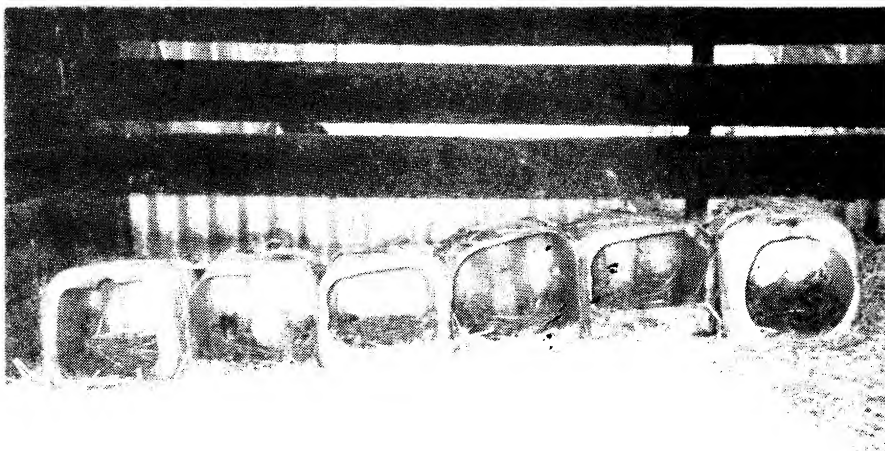
These are the dual-purpose breeds which have a heavier, meaty carcass. The eggs are sold and those not sold as breeders go to poultry dealers.

Coloured Muscovies

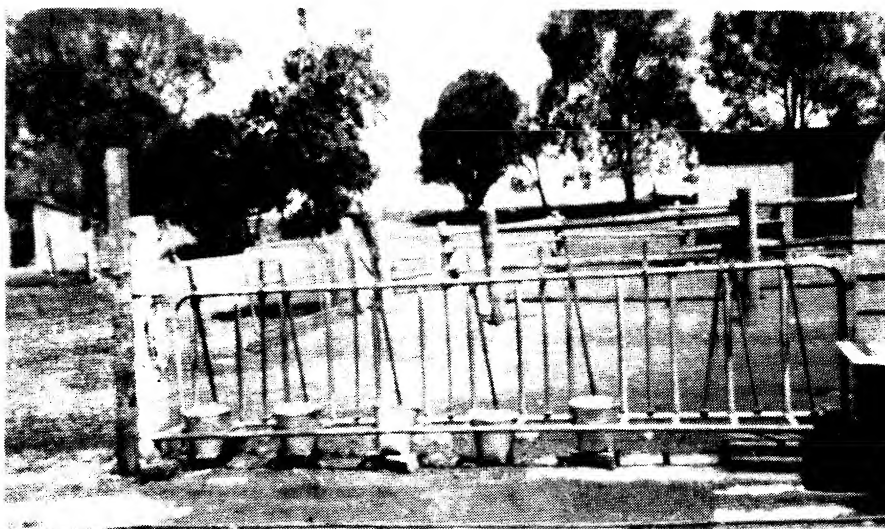
These are pure varieties of the Muscovy which are kept as meat ducks. The drakes are huge meat birds. The ducks are sold



Coloured Muscovies make the best incubator and will mother most poultry.



Neat homemade nest boxes and fresh straw ensure eggs are clean and without cracks.



This ideal calf paddock has a secure shelter with the bails nearby, adjacent to the hose for cleaning.

to smallholders as reliable breeders which act as excellent natural incubators. They do not need a drake to go broody and will even hatch goose eggs.

Silver Appleyard

These are kept for their beauty. They lay well, raise their own ducklings and are sold to those wanting something which will 'look nice on the dam, dear.'

Pomeranian Geese

These are an attractive grey and white, with pink bills and webs. Pomeranians are a rare variety and very quiet to handle. They are for breed improvement.

Pilgrim Geese

This is an old farm breed that is auto sexing – the males are white and the females grey. Mary's are quite aggressive and guard the goslings well. They are sold as breeders because they are

very productive and used for the table.

Sebastopol Geese

Mary's Sebastopols are not pure yet, but she loves their white, curly, bedraggled appearance which is a result of their split feathers. These geese live on the dam and are being upgraded.

Mary also has five breeds of fowl.

Australorp

This is a large, dual-purpose breed developed in Australia for the commercial industry. The cockerels are huge, the hens lay well and will sit, but are clumsy with the eggs. Eggs and breeding stock are sold.

Silkie

Mary has the coloured variety. They make excellent pets for children as they are very quiet and can be carried around.

They are excellent as broodies and are ideal for the garden as they don't scratch as much as other poultry.

Scots Grey

This breed is very rare and very different. The stock Mary has is not pure and will need much breeding to get it true to the standard. This is quite a challenge as there is not much stock to choose from when selecting another cockerel. However the hens lay well and the cockerels are attractive.

Speckled Sussex

This is a traditional English farm breed. The birds are red-brown with white speckles. They are dual purpose, of reasonable size and lay well. They are very rare and very popular.

Malay Game

This is a strange and unusual breed. The birds have long, stilt-like legs with long necks and ugly, fierce faces. You just cannot imagine them getting so close to the ground that they would lay an egg, but they do! Mary likes their ugliness which is fascinating in a strange way, they are also good layers and broodies. Being a game (fighting) breed they know their keeper, guard their chicks and may even defend them against strangers. They have a heavy carcass.

Bourbon Red Turkeys

This is the last of Mary's breeds, kept because she likes the chocolate red colour and has firm ideas on its improvement. It is reasonably rare.

It is surprising to find so many breeds on the one property, and all kept so well, each having its own place of importance in the breeder's economy or improvement programme. Mary and Radovan work hard to keep the farm productive and profitable, which obviously takes all of their time. 'Some days,' Mary says, 'You don't even have time to sit down.' Which reminds me of the message on the wall of the smallest room in the house. 'Don't just sit there, there's work to be done!!'

You can call Mary ph. 054-223-537.

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Mary has integrated a day care service into the management of the farm.

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PERFECT PRESENTS

by Lyn Uhlmann, Redland Bay, Qld.



'Christmas just isn't what it used to be,' is a common cry at this time of year. Christmas cards and decorations hit the stores now as soon as the sun sets on Father's Day, and literally hundreds of companies begin assuring us their products are the gifts we simply 'must give'. It's little wonder then that so many people become ensnared in, and in January bear the heavy penalty of, the over-commercialisation of what was, once upon a long, long time ago, a simple, family celebration.

Our way of reclaiming a little Christmas spirit is with environmentally friendly, handmade gifts. Now, before all you noncrafties switch off, reach for the credit card and head for the stores, it needn't be as difficult as you may believe. When we focus on the thought behind the gift, rather than the actual gift itself, even a home-grown potted plant, if it's given with love, becomes more precious than the most expensive floral bouquet. Here are some ideas to start you thinking. With a little creative imagination you're bound to come up with plenty more.

HERB INFUSED VINEGAR

These vinegars, great to use as salad dressings, adding flavour without fats or kilojoules, make lovely gifts. Herbs infused in lighter coloured vinegars look the most attractive, while those infused in wine vinegar give the best flavour. The best herbs to use are those you have growing in your own garden.

Equipment

- glass jar or bottle
- cork or cap
- herbs
- vinegar

Method

Clean and sterilise the jar or bottle. Wash the herbs and bruise them lightly with a kitchen mallet. Place the herbs in the jar and slowly pour in the slightly warmed vinegar. Cork or cap the bottle or jar and leave for at least three weeks before using.

While on the subject of herbs, a hanging basket of plants such as parsley, sage, marjoram, basil, makes a useful, attractive gift for any kitchen or patio.

INDIVIDUAL CHRISTMAS CAKES

These are an ideal gift for people who live alone and are, therefore, unlikely to make themselves a Christmas cake.

Equipment

- the ingredients for your favourite Christmas cake recipe
- silver foil patty tin liners
- almonds or glace cherries
- empty tin, basket or box for packaging

Method

Make the cake as usual. Instead of baking it in a large tin, however, divide the mixture evenly between the patty tin liners. Decorate with almonds and glace cherries. Cook at the recommended temperature, but remember to adjust the time accordingly. The smaller cakes usually cook in about half of an hour. When cool, pack into the tin, basket or box. Seal and wrap.

PERSONAL GIFT VOUCHERS

Just as with a store-bought voucher, the recipient of a personal gift voucher exchanges it for a product or service. Except in this case, they'll be exchanging it for your time.

On a brightly coloured piece of paper (homemade paper looks great), write the name of the person for whom the gift is intended, how much time you are

giving and for what purpose. For example, you could offer to babysit for a young couple while they have a weekend away, or you could give your spouse a day to themselves without interruption. The possibilities are limited only by your imagination.

The wording on the voucher would go something like this: This voucher entitles (name of recipient) to (length of time and for what purpose) at a mutually agreeable time. Merry Christmas from (your name). Decorate the voucher with some dried and chopped herbs, such as lavender or calendula, and you have a unique gift which can't be purchased anywhere.

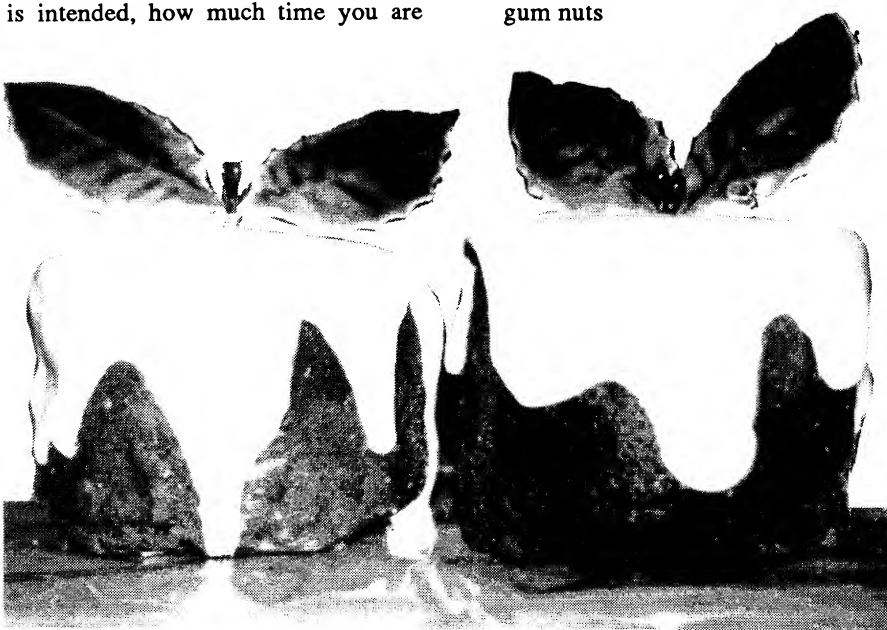
A lovely idea for children is to make a book of these vouchers for their parents or grandparents. Each voucher can be traded for something different. For example, a foot rub, a car wash, or silence on a Sunday morning.

GRASSIES

Children delight in watching the 'hair' of these creatures grow so they can trim it, water it and watch it grow again.

Equipment

- old knee-hi stockings
- potting mix
- grass seed
- gum nuts



Individual Christmas cakes are the perfect present for people who live alone.

Method

Mix the grass seed through the potting mix and use it to fill the stockings. Tie the open end securely. Push gum nuts through the toe end of the stockings as eyes and a nose. Water lightly, apply some liquid fertiliser and watch the grass 'hair' grow.

Be sure to make these well in advance of Christmas Day so they have a good head, or body, of 'hair'.

Now your imagination has been unleashed, let it run wild and see what else you come up with. There are only three rules to abide by: Keep it simple. Keep it tasteful. Keep it Earth friendly.

Merry Christmas.

BENEFITS OF QUITTING SMOKING

It is never too late to gain the benefits of quitting smoking. In women, menopause comes on several years earlier if you smoke – but at the normal time if you quit. In men, there is evidence that smoking reduces sperm density. This returns to normal on quitting. Penile erection is also affected by smoking because of reduced blood flow to the penis, but returns to normal on quitting. Blood cholesterol levels drop in smokers who quit, even if their diet has not changed. Smokers report more days off work due to illness and injury than nonsmokers. Many ophthalmologists swear that they can pick a smoker from a nonsmoker when they look into their eyes. The very tiny vessels on the back of the eye are clogged up with blood, an effect which disappears with-

in a few months of quitting. This may be why some ex-smokers feel they can see better after they've stopped. Wounds and scratches heal faster when you no longer smoke. 'Crow's feet' and 'purse strings' – lines around the eyes and mouth – are particularly noted in smokers. Whether this is caused by constant pursing of the lips around a cigarette or by poorer blood supply to the skin is not well-understood. There is anecdotal evidence that the skin is fresher and healthier after quitting, probably due to better oxygenation. Increased sense of smell and taste: food tastes stronger now that the flavours are much more discernable. You're also better able to detect aromas – including unpleasant ones such as cigarette smoke and garbage!

SEED PLANTING TIPS

- When direct planting small seeds, mix them with fine sand to ensure a more even coverage.
- When planting large seeds, soak them overnight in a weak seaweed solution prior to planting out the next day.
- A seed should be planted at a depth two or three times its diameter. It is better to plant too shallow than too deep.



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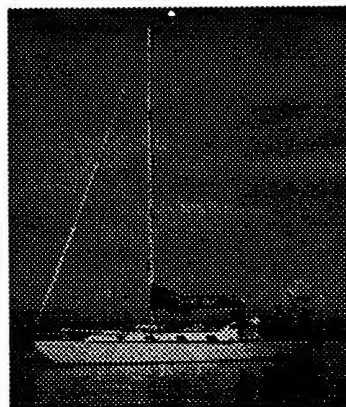
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A Cheap, Versatile Barn

by Colin Turton, Newstead, Vic.

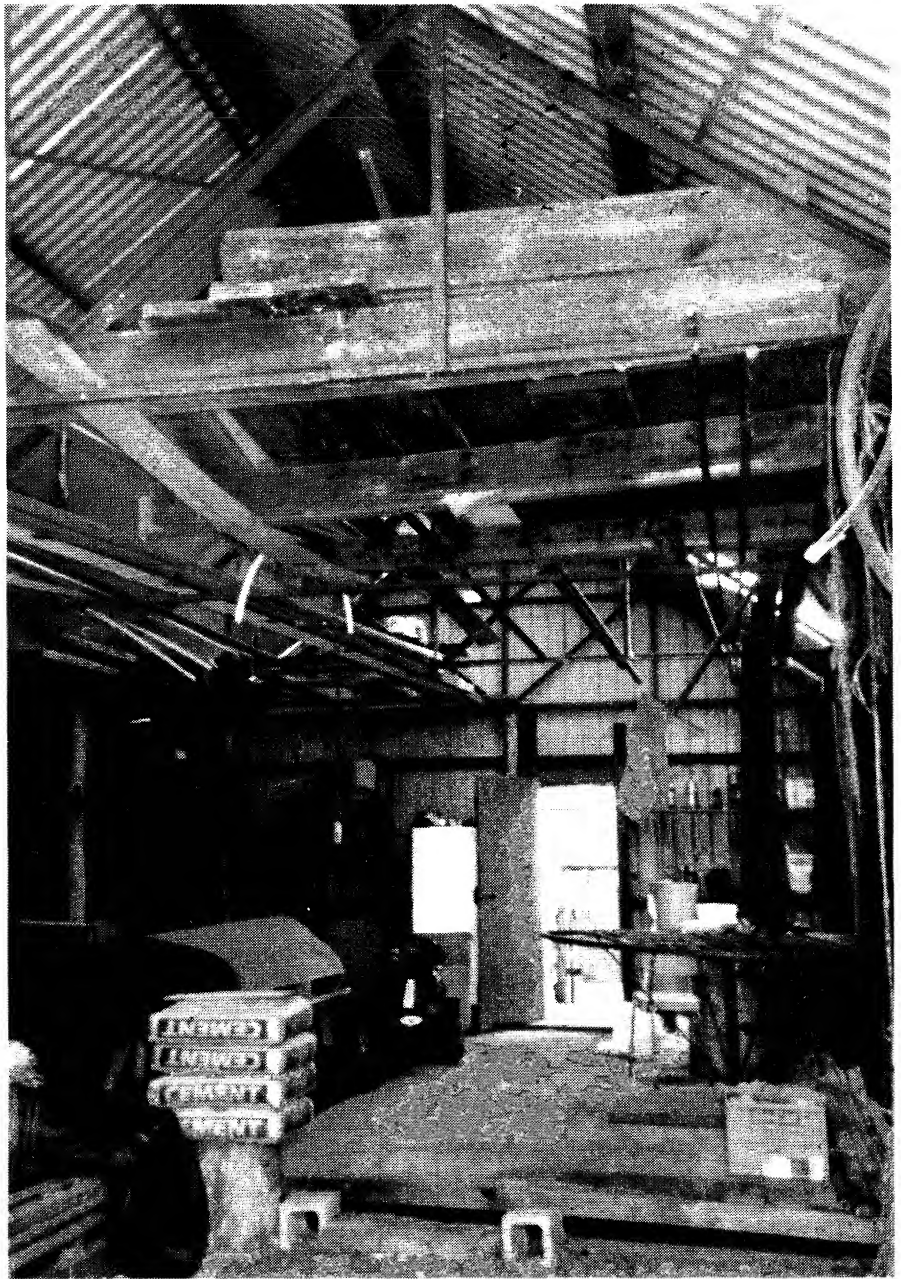
One small criticism I have had of some of the articles written in GR is that often they lack detail, so let's see if I can warrant criticism for the opposite. I do need to prod the memory a bit, as it is about twelve years since I built my barn. We had bought our 20 acres a couple of years earlier and spent weekends either planting or watering trees. When we bought the block the only things on it were one big yellow box tree, one very small (and very old) hay shed, one front and one side boundary fence. My neighbour utilised my grass, and to this day our boundary fence still has a gate in it.

As you can see, one of my first jobs was fencing and that is a separate story in itself as I cut all my own posts out in the forest, after first teeing it up with the local forester of course. Anyhow, seeing as we were not living in the area at the time, the wife and I decided that we needed somewhere to store gear so we did not have to cart it back and forth every second weekend. We were living in Melbourne and we had very good jobs, but money was fairly scarce because we were intent on owning the block as soon as possible. We decided we had to have a large lockable, cheap, shed.

The shape of the 'structure' which fermented in my head was loosely based on one I had seen on a visit to Swan Hill Pioneer Settlement. I decided that I did not have access to enough timber to make it all from rough hewn timber, as was my original intention, so the siding on this barn had to be sheet steel (bronze-olive coloured).

I decided on multiples of 2.44 m (8 ft) spacings so that I could use 100x50 mm (4x2 in) sawn hardwood timbers as main load bearers, and all roof and wall battening used was 75x38 mm (3x1½ in) sawn timber. The five purlins on the trusses are 100x50 mm. The basic barn is 9.7x9.7 m (32x32 ft). I added a 2.44 m skillion along one side, continuing with the same roof pitch; which I have since utilised as chook sheds. It has a centre bay through it which is 4.9 m (16 ft) wide. This centre bay is spanned by 4.9 m (16 ft) steel trusses at 2.44 m centres (which means we need five trusses).

These trusses are very easy to make if you can weld. I do need to stress a



The interior of the versatile barn, chook/shearing/milking and general junk storage shed. Even the trusses double as a storage facility.

couple of points here: When I say, 'if you can weld', I do mean *if you can* weld. The welds do need to be sound. (I think most of us know someone who is a competent welder.) The entire truss is constructed with 40x40x3 mm (1½ x 1½ x 1/8 in) angle iron.

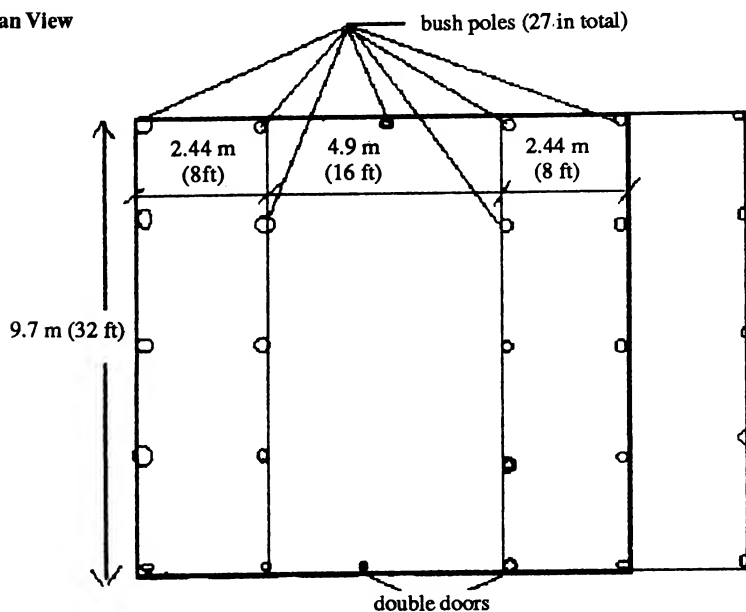
If anyone out there should decide that he/she would like to model their barn on this design, if you use these

trusses then please *do not* change them in *any* way! There is only one critical consideration to keep in mind when building the trusses: The bottom chord theoretically should be dead straight, but as this is not possible in practice, then we purposely build it with a positive camber in it. The easiest way to achieve this is to clamp both ends of the bottom chord to a substantial piece of

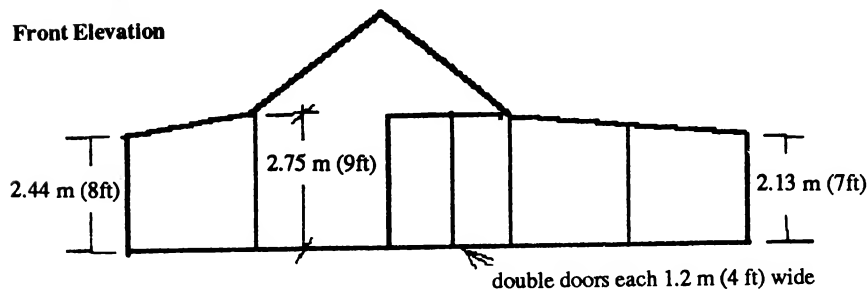


Outside view of the barn one side of double door open, chook shed extension on the right.

Plan View



Front Elevation



square tube, say a 4.9 m (17 ft) length of 75 mm (3 in) square, then place a 13 mm ($\frac{1}{2}$ in) bolt under the angle iron in the centre of its length. Then build your truss to hold this shape. When it is unclamped you will (should) have a 13 mm ($\frac{1}{2}$ in) positive camber in your bottom chord. *It must not have a negative camber (bow down)!*

Now for a word on the uprights, the

basic barn has 22 of these. (My skillion addition has another five.) These are all bush poles, 150-200 mm (6-8 in) in diameter, they are all 600 mm (2 ft) into the ground. Each side of the centre bay they are 2.75 m (9 ft) high. The outside row are 2.44 m (8 ft) high, and the outer row on the skillion side are 2.13 m (7 ft) high. If you own a bush block then these bush pole uprights should be fairly

cheap. I had to obtain mine through the Forest Commission and they cost me \$3.00 each.

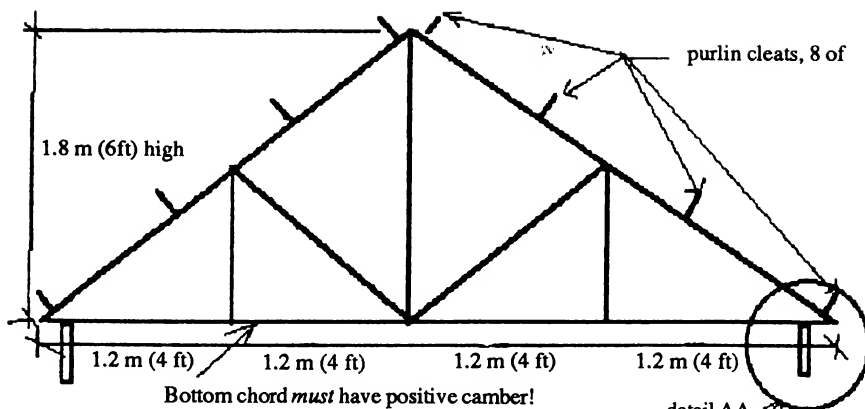
There is one thing to consider regarding timber in the ground, and that is: which local timber will last longest in the ground? Some timber will only last a couple of years in the ground, so do some 'ground' work first: ask the locals, farmers, foresters, and the like which timber is the best in the ground. Here in central Victoria it is hard to beat the good old grey box.

The first thing to do is to set all the poles vertical and in their correct position, ramming the dirt in as you would an ordinary fence post. Then we need to cut out the top of the centre bay poles where the 100x50 mm's (4x2s) are to be checked into them, before lifting the trusses into place. You could now attach all of the timber framework. I would suggest that all rafters be set at least halfway into the sides of the poles. You could nail them, but I would like to see them bolted. By the way, before all this timber is slapped up, just have a quick measure between the centre poles at the top (where the trusses are to go), and the measurement on the truss between the two small verticals which are used to attach the truss to the poles (see detail AA of the drawing of the truss). If these two measurements are greatly different then you will have difficulty when you try to position the trusses between them.

Don't let the lifting of the trusses overly worry you, but you will need three people. One each end of the truss, and one on the ground to steady the truss in its vertical position via a sturdy piece of timber attached to the face of the truss to hold it up straight while it is being bolted to the poles. Put up two trusses then connect them both together with three or four purlins to hold them from being too wonky. Even place all of them and put in your wind bracing, this will hold the first section quite solid. It is then very easy to place the other trusses and hold them in place with a couple of purlins as you go.

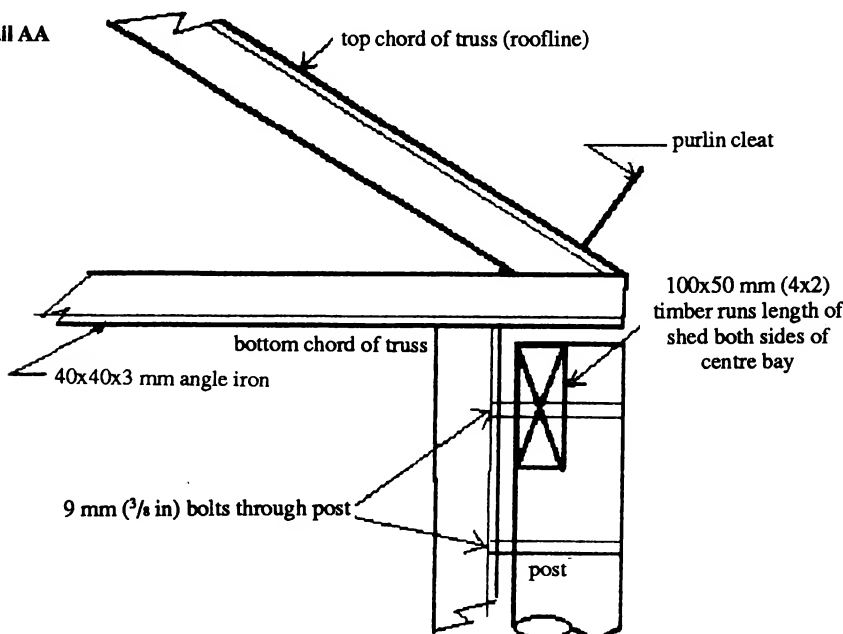
I guess there are some who may not know what a purlin is. It is the horizontal piece of timber that the roof sheeting is attached to. While we are on terminology, a girt is the horizontal piece of timber which the wall sheeting is attached to. Wind bracing is the steel strapping available at your local hardware store, called builders' strapping, which is about 30x1mm, usually with a

Truss Configuration



All chords and webs are 40x40x3mm (1 1/2x1 1/2x1 1/8 in) angle iron (purlin cleats and post connectors also).

Detail AA



lot of holes all the way along it. This is used as diagonal bracing on the roof under the iron sheeting. Depending on your local wind conditions, I would recommend two braces each side (on opposite angles). A diagonal brace on a couple of the walls would be a good idea if you are in a windy area.

When you come to fixing the wall girts, a bit of extra time taken to check them into the poles at least half their thickness makes a much better job.

You can please yourself whether you fix your wall cladding first or the roofing. A little hint when fixing the roof, if you are using corrugated iron. When viewed end-on, the profile of corrugated iron has one end turned down and the other end turned up. When laying sheets, have the turned down edge facing the prevailing wind. The roofing and wall cladding could well be fixed by using springheads (roofing nails), and clouts (galvanised flathead nails), but I would very strongly recommend using tek screws; the price will be similar but the job will be a hundred percent better!

I put two 1.2 m (4 ft) wide doors on the front of my barn. These could easily be made from timber if you have access to it and/or have a preference for it. I work in steel so I am biased and will say steel is far superior to timber and in the situation of the large, heavy doors will not sag as quickly and you can simply pop rivet or screw the sheets of iron to a square tube frame.

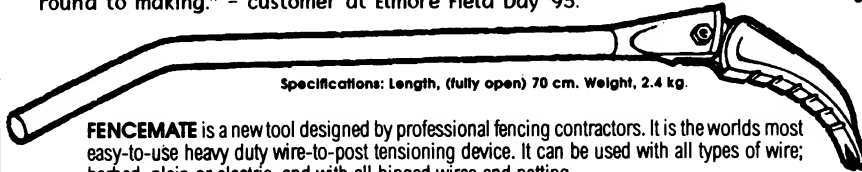
My barn has since become my chook shed, shearing shed, milking shed and general junk storage shed. It has certainly been full for some time! You will also find you have plenty of storage for long pieces of timber or steel on the bottom of the trusses. I think anyone with a modicum of handyperson expertise could build this barn with a mate fairly easily.

If you want to build this one and I have failed the detail test then feel free to drop me a line with any queries. If it gets too expensive answering queries then I'll have to write an update to place in GR, if they let me.

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CHRISTMAS FARE



SEASONAL SIPS

A hot drink and a cold drink, one alcoholic, one not. A choice to suit any weather or family member.

Fruit Punch

450g can crushed pineapple
pulp of 4 passionfruit
juice of 5 large lemons
juice of 6 large oranges
handful chopped fresh mint
large bottle soda water
preferred sweetener, to taste

Combine all ingredients, except soda water, in a large container and chill in refrigerator. Add soda water just prior to serving.

Mulled Wine

2 nutmegs, grated
1.2 litres claret
2 oranges
12 sugar lumps
12 cloves
1/2 tsp ground cinnamon
600 ml boiling water

1 sherry glass Curacas

1 sherry glass brandy

Slice one unpeeled orange finely. Pare rind thinly from other. Add these to claret in saucepan, with sugar cloves and cinnamon. Heat slowly to drinking temperature. Add water, Curacas and brandy and stir well. Pour into glasses. Sprinkle with nutmeg before serving.

Jo McRae, Coles Bay.

DIABETIC FRUIT CAKE

There is no need for diabetics and others with health problems to miss out on Christmas goodies. See GR 99 for a healthy pudding and GR 100 for another diabetic cake.

30g raisins
15g sultanas
15g dates
60g butter or substitute
1 tsp glycerine
2 eggs
90g SR flour

1 tsp cinnamon

1 tsp ground ginger

pinch ground nutmeg

pinch bicarb soda

1/2 tsp liquid sweetener

30 g slivered almonds

grated rind of 1 lemon

grated rind of 1 orange

Wash, dry and roughly chop fruits.

Cream butter. Stir in glycerine and mix well. Beat eggs and then add gradually to butter mixture, beating between each portion added. Sift flour, spices and bicarb soda. Fold into butter mixture. Add remaining ingredients, mixing lightly. Cook in greased 18 cm diameter tin in slow oven 3/4-1 hour.

Makes a small cake of about 12 slices. Increase quantities and cooking time for a larger cake.

*It's an ill cook that cannot
lick his own fingers.*



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TRIALS OF AN INNER-CITY HERB GROWER

by Kate McMaugh, Manly, NSW.

I was pining for Tasmania the morning I decided to start a garden. My Huon Pine had died from heat exhaustion and the lily thing I had dug up from my much cooler previous garden was in crisis – flowering and wilting with alarming regularity.

‘An organic herb garden?’, my not-too-supportive other half scoffed. ‘Are you sure there is such a thing here?’ He sniffed the air dubiously. ‘Anyway the music would probably contaminate them.’ He had a point. Heavy metal music screeched from the flat above ours, interspersed with Julio Iglesias from the flat on the left. Mercifully, the flat on the right was silent. (This was to change once the rugby season started.)

Ignoring him, I went outside to dig a small garden bed, all the while longing for our old backyard which had five or six fruit trees, a chook coop, wood heap and a vegie garden. You could swing a cat in our new courtyard-garden, but only just.

It took hours of hard work to dig the garden bed. My other half even helped with the ‘heavy bits’ as he put it. As far as I was concerned it was all heavy. The garden bed was a fine example of urban wasteland, full of building rubble, beer bottles and cigarette butts. Unlike the dinosaurs, if we die out, it will be clear to any future archaeologists exactly why.

The next weekend I made the trip to the nursery. With an air of suppressed excitement I selected onions, a chilli bush, thyme, parsley, sage, basil and miniature nasturtiums. By evening I had planted and watered my babies. They looked reassuringly green against my nicely prepared soil. Its smooth brown surface was disturbed only by the occasional broken house brick, which I felt added an artistic effect.

Initially, it was a most successful gardening venture. I did not lose a seedling. In fact some of them grew to mammoth proportions and we began eating them quite soon. To celebrate my first harvest I made a feast of chicken in lemon and thyme sauce with sage potatoes.

The celebration was short-lived. A



Nurturing the courtyard produce to this stage was fraught with perils, and they weren't over yet.

few days later a party was held in the flat upstairs, keeping us awake half the night. The following morning I went out, bleary-eyed, to water my garden, only to find a half-empty beer bottle balancing on my thyme bush. I gingerly plucked it off and threw it in the bin. Cigarette butts littered the courtyard. I was about to venture out to sweep them up when I heard a hideous moan from the overhanging balcony above. It was followed by the graphic sound effects of someone clearing their throat. The someone spat. There, glistening in the middle of my nasturtiums was an ominous ball of foul coloured spittle. Feeling ill, I hurried back inside. What now? My book on growing organic herbs had nothing to say about beer, cigarettes and spittle.

Naturally, I complained to the upstairs neighbours, who were suitably apologetic, but claimed the culprit was a party guest who had since departed. However, the behaviour continued sporadically. Although my nerves were somewhat damaged, my plants appeared to suffer no ill effects and grew with

vigour through a volley of beer bottles, cigarette butts and letters to the landlord.

One night while eating a lovingly prepared dish containing the carefully washed produce from half the plants in my garden, I was surprised to hear, during a lull in the music upstairs, a trickling noise from outside my window. There, coming over the balcony was a steady stream of golden liquid. Rage and frustration bubbled over. I rushed into the courtyard, screaming abuse at the perpetrator. The man and his appendage hurriedly withdrew. I heard him uttering that he'd never heard such a foul-mouthed woman before.

The celestial display of falling cigarette butts over my herbs a few nights later was the last straw on this gardener's back. I decided to harvest all my garden and be done with it. I had grand plans for a cactus garden next season.

It is never a bad time, the harvest. I have always felt a thrill of achievement when collecting my produce and a sense of anticipation for what the next season may bring. This harvest was especially satisfying. My plants and I were victori-

ous soldiers, who had overcome great obstacles and trauma. The nasturtiums, hardy as ever, formed thick borders of flame around clumps of lush green herbs. The heavily burdened chilli bush standing in the centre of the garden, drooped like a red weeping willow. Perhaps the thyme had grown slightly flatter than usual beneath the extra weight of beer bottles, but who's complaining?

I began an afternoon of hanging plants to dry and selecting others to oven-dry. By evening my kitchen was redolent with herb smells. I left my oven-dried herbs to cool in trays on the kitchen sideboard and poured myself a glass of wine. I sat in my courtyard (carefully underneath my neighbour's overhanging balcony) sipping my wine and reflecting that maybe life in the big city was not too bad after all.

Before long though, I began to realise that things were not quite right. The flat upstairs was silent, which alone was strange, but more than that was bothering me. After some moments of deliberation I put my finger on it. I could hear a persistent irritating trickle from upstairs. It sounded as if they had let a bath or sink run over. I was still pondering over this when all hell broke loose as they arrived home, loudly accusing each other of having left the tap on. From the squelching and splashing sounds it was obvious that their floor was ankle deep in water. I grinned maliciously. What a shame! I must admit it crossed my mind that if their flat was wrecked maybe they'd move out.

I could have wallowed all night in the delightful sounds of disaster befalling the enemy, but my attention was grabbed by another sound: A steady dripping emanating from . . . yes . . . from my kitchen. I rushed inside, searching for the drip. On the kitchen ceiling right above the sideboard was a large damp patch. Underneath sat the trays of my once dry herbs, now a soggy green mush.

NOT JUST A CITY PROBLEM

by Clare Patrick, Crows Nest, Qld.

Did you know that one gun shot could result in permanent damage to your ears, or that using any sort of power tools over a period of time could make you deaf? It's true. Noise-induced hearing loss does not only occur in industrial environments. It can just as easily occur at home, whether it be in your garage or outside. If you use a chainsaw, drive a tractor, mow your lawn, do carpentry work, whichever you do, you are exposed. Anything that has a decibel reading over 85 dBA is dangerous to your health.

The ear is a very delicate structure with the three components being the outer, middle and inner ear. It is the inner ear where the damage occurs. Tiny hair-like cells receive the force of sound and, in normal conditions, they respond by receiving vibrations and transmitting it to the brain. Exposure to loud noise will cause damage to these cells, thus resulting in hearing loss. The bad news is that the hearing loss is permanent and there is no known surgical procedure to repair it. The good news is though, that you can prevent it by taking appropriate measures.

When buying new tools or farm implements, ask the company for a sound level reading. If it's too loud then there may be another one that isn't. Eliminating the noise source is the best solution. If possible, enclose noisy equipment, but, failing these measures, wear hearing protection.

Deafness creeps up on you and it is usually the family who will inform you that you're deaf. Do you hear everything that is being said to you? Do you have to turn up the radio or television to be able to hear but the family complain it's too loud? Do you have a ringing in your

ears? In the event of background noise, do you have difficulty in hearing?

If you answered yes to any of these questions then you should have your hearing checked. The cost in human terms of noise-induced hearing loss is real. Social isolation occurs when people are not able to join in conversations with friends, family and colleagues. Constant ringing in the ears disturbs sleep and gets on your nerves. Music that you previously enjoyed will lose its clarity. All of this adds up to a loss of quality of life.

Other health problems can result from overexposure to loud noise. Your inability to hear may cause you to ignore danger, resulting in serious injury, it can increase stress causing headache, tiredness and irritability thus putting the family unit under pressure.

Will a hearing aid help you? There is a difference of opinion on this, particularly professional, as some claim to have helped sufferers where others claim otherwise. The choice will depend on whether you feel you can benefit from it. The only certainty though is that prevention is the way to go.

Children aren't immune to loud noise either and should wear hearing protection when in a noisy environment or be kept well out of the way. Experts have been alarmed to find that children exposed to loud music are already suffering mild hearing loss. Ensure they are adequately protected against exposure.

Understanding that noise-induced hearing loss is totally preventable is the first step in being able to protect your own health and safety and that of those around you. Deafness affects the whole family in a multitude of ways, not just the sufferer.

GR LIBRARY FOR SALE

This morning I made a painful decision to offer all of my GR magazines for sale to a genuine grassrooter. My library is complete issues 22 to 104, in excellent condition. I'm asking \$200, plus postage. The important thing is that they go to people who will genuinely use them to weave their dreams of self-sufficiency.

Margaret Bromley,
2/17 Mort St, RIVERDALE, 6103.

LIQUID MANURE

When your plants need a quick boost, feed them with liquid manure. Waiting for other fertilisers to break down before the plant can use the nutrients, often leaves growth too late in the season for healthy vegetables. Fill a metal drum with water and dangle a hessian bag of sheep, cow or poultry manure in it. After a few weeks the water gradually takes

on the colour of strong tea.

To apply to the plants, dilute by filling a bucket to three-quarters level with water and top up with liquid manure. Add a dash of seaweed concentrate and then water the plants. Repeat every ten days. Keep topping up the water in the drum and, as it is very smelly, cover or store in an out-of-the way spot.

THE 'OTHER' DUTCH HOE

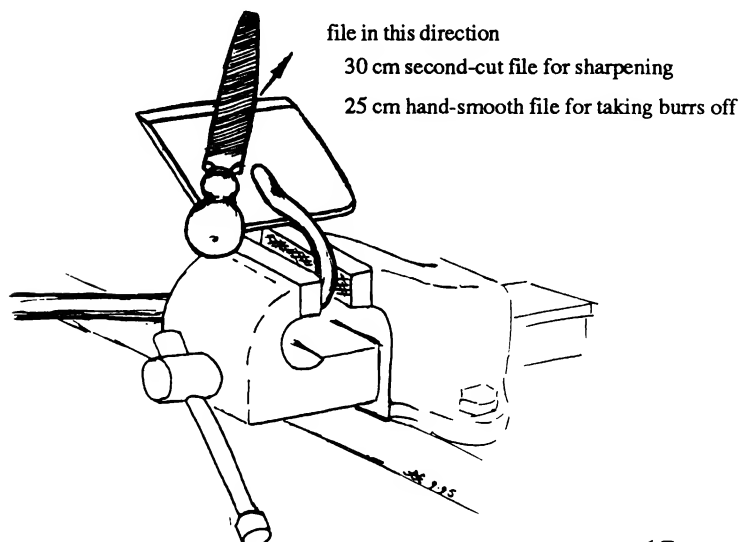
by Jim Sweeney, Cunabubula, NSW.

Being true grassroots type people, my wife Debbie and I have been slowly trying to bring some semblance of life back into our 10 acres of overfarmed, overgrazed, drought-affected ex-farm-land near Tamworth, NSW. Over the past couple of years we've planted a variety of trees, both native and exotic, and Debbie has tried her hand at getting a vegie garden going. One problem is that our soil is rather like soup when it's wet, like concrete when it's dry, and grows a remarkable variety of weeds in between times. So cultivation is difficult – best tackled via a garden fork or no-dig methods – and weed removal is a real pain.

One gadget that we thought might help is the much heard of but seldom seen Dutch hoe. Knowing nothing about the tool, or how to use it, I decided to ask Ben, our local Dutchman, for a quick rundown.

His response was, 'Yep, no worries, mate. All you need is a file and a piece of waterpipe'. Seeing my puzzled expression, he continued. 'A few years ago I was working on a cotton plantation out near Wee Waa and the company issued us with hoes, so we could cut weeds from between the cotton plants. The standard shop-bought hoe is pretty useless – you've really got to work hard at it, but I filed a knife edge on mine, and slipped a piece of water pipe down the handle to give it a bit more weight.'

Filing The Hoe



I said 'Hang on, that's not a Dutch hoe . . .' and Ben replied, 'Listen mate, that's how I use a hoe, and mate, it works byootiful. You ought to try it.'

I did. He's right, it works 'byootiful'.

All you do is file the cutting edge of your hoe (see illustration), and fit a bit of pipe over the handle if you feel it needs the weight. I don't use the pipe and have no trouble with variegated thistle and other nasties, but whatever suits you is okay.

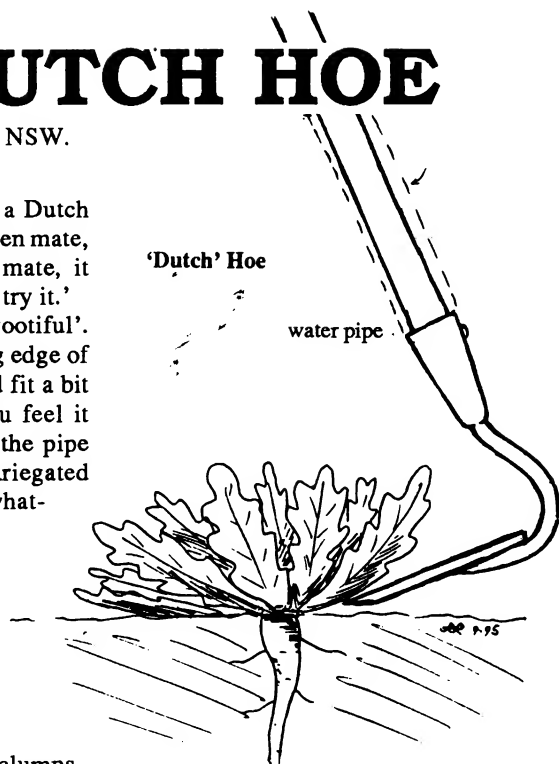
You just sweep the hoe in an arc and it snicks the weeds off neatly at ground level, leaving the leaf rosette on the ground to become mulch and the roots in the ground to rot down into worm food. For clumps of weeds, just scythe in from the side and the problem is soon solved. If you're in a wheelchair, a cut-down handle should soon have you swinging.

There are only a couple of points to watch. The first is that safety footwear is a must, for obvious reasons. The other is that if your land is as full of rocks as ours is, you'll be forever dinging the blade. Don't worry about it, hammer the dent out, file it up again, and you're back in business!

Weed problems? Go for the hoe!

'Dutch' Hoe

water pipe



ENCOURAGING PREDATORS

In some part of the garden, though not in close proximity to vegetables, leave a few untidy corners of wild plants and weeds which provide food for beneficial insects and birds. Plant flat open flowers such as dwarf convolvulus, calendula and limnanthes to attract hoverfly. Leave a few logs or piles of wood to provide overwintering hiding places. A pond will encourage frogs.

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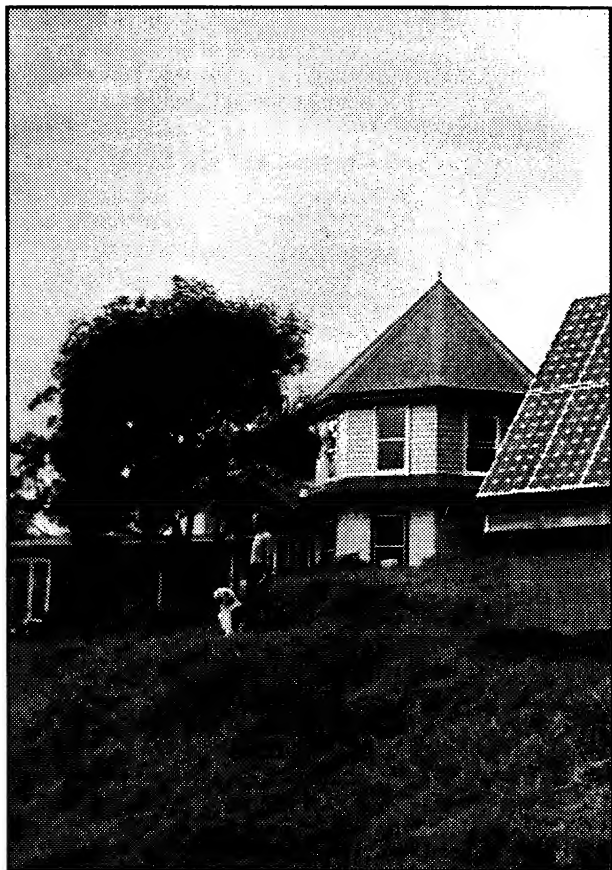
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ORGANIC FRUIT FLY CONTROL

by Mary Horsfall, Longwood East, Vic.

Replies to our fruit tree survey earlier in the year indicated that there is widespread concern about how to control fruit fly without having to resort to chemical sprays. From time to time in GR we have had hints, traps and recipes for lures. This article will consolidate all those bits and pieces as well as include information from a number of organic gardening books, to provide a comprehensive guide to help organic growers in their battle with this ubiquitous foe.

KNOW THINE ENEMY

Until the recent discovery of an exotic fruit fly outbreak in Cairns there were two types of fruit fly in Australia, the Queensland and the Mediterranean. Pending further information, I'll concentrate on these two 'established' pests. Both are smaller than the house fly (about 10 mm long). The Queensland fly is slim, brown with yellow bands on the body and transparent wings characteristically held at right angles to the body when the insect is stationary. The larvae are creamy white, legless but quick moving, and grow to about 8 mm.

The Mediterranean fly, more likely to be found in Western Australia, is yellow with black and silver markings on the thorax, a yellowish abdomen and brown or yellow marks on the wings. Larvae are similar to the Queensland fly.

Life Cycle

Adults may live through winter in some warmer areas but usually don't breed at this time. The first sign of activity may be when early ripening fruits such as loquats are attacked by adults newly emerged from their pupae in September, and severity of infestation increases throughout summer.

The female 'stings' the fruit, depositing 6 – 8 creamy white eggs about a millimetre long up to 5 mm under the skin. They hatch into larvae (maggots) after 2 – 4 days in the warmer weather.

The larvae burrow into the fruit, leaving tunnels and causing the flesh to rot. The fruit will usually fall to the ground where the mature larvae (about 10 days old) burrow out of the fruit and into the soil where they pupate. They take from 12 – 50 days to metamorphose, after which the adult fly will push its way out

of the soil. The life cycle can take as little as five weeks (longer in cold weather), and five or more generations may breed in a single season. Females can lay about 200 eggs in a lifetime.

A HOLISTIC APPROACH

As well as being able to wreak havoc with most fruits and many vegetables (especially tomatoes, eggplants and capscums) the Queensland fruit fly also infests the fruit of native plants. It is usually, however, kept under control in this situation by the natural parasites and predators of the plant. It is in domestic food crops that most damage occurs and this can present a huge problem for organic gardeners who are unable and unwilling to resort to the chemical controls used in most commercial operations. There are no simple solutions. It will take persistence and the use of a holistic approach encompassing a combination of strategies to combat the problem.

MANAGEMENT

There are orchard management strategies which will help alleviate the problem. Fruit can be picked green and ripened inside if you are in a known fruit fly area. The most important consideration from a management point of view is scrupulous attention to orchard hygiene. Never leave decaying fruit on the ground. Pick up fallen fruit each day and feed it to chooks, ducks, pigs, or any other animal that will eat it. If you have portable poultry or rabbit cages, position these under the fruit trees during the appropriate season.

Do not place affected fruit in uncovered compost heaps. Any fruit not fed to animals can be treated in a variety of ways. Cover it with water or place it in a sealed plastic bag until it decomposes. Burn or boil it. Immerse it in kerosene to kill the maggots.

Try not to plant fruit trees that ripen consecutively close together as fruit fly will move from one to the other as fruit ripens. For the same reason avoid, wherever possible, planting tomatoes near fruit trees.

LURES

The most common control method is the



A simple trap we're trialling. The lure (banana, sugar, water) is in a honey bucket with holes punched in the yellow lid.

use of lures and traps, whereby a mixture said to attract the insect is placed inside a trap. The insect flies into the trap and is unable to escape. Some mixtures contain a poison, such as pyrethrum, so the fly is not only attracted to the trap, but also killed. Other mixtures may or may not actually kill the fly, unless it is by drowning.

Most lure recipes do not specify whether they are meant to attract the Queensland or the Mediterranean type, so it's probably safe to assume that both will be attracted. One source asserted that Dak pots (a commercial lure/trap) only attract the male Queensland fruit fly, so are of no use in Western Australia.

Some recipes specify that they are to attract the males and some the females, with others not specifying. In general the lure should contain a mixture that is wet, sweet and yeasty. Some of the following recipes give specific quantities; most don't. The extent of the problem is illustrated by the variety of lure recipes recommended by different sources.

Male Lures

- Dak pots – a commercial lure/trap containing an attractant and a poison, used to trap male Queensland fruit flies.
- Vegemite and water.
- Citronella oil.

Female Lures

- Orange pulp.
- Rotting peach or plum.
- Protein hydrolysate – used commercially.

All of the above should be mixed with water and also pyrethrum or nicotine if you want to ensure the flies are killed as well as trapped.

Unspecified Lures

- Ammonia (1 tbsp), vanilla essence (1 tbsp) and water (750 ml).
- Vanilla essence, cloudy ammonia and water in the ratio of 1:2:100.
- One banana peel, 2 tsp sugar, water to cover.
- Sugar, vanilla essence and water.
- Molasses, treacle, golden syrup or honey with water.
- Bran and sugar with water.
- Molasses and pyrethrum in water.
- Kerosene in a shallow tin.
- Blend garlic with water. Soak strips of rag in the solution and place them in a tin hung from a tree.

TRAPS

Unless otherwise specified all the lure mixtures need to be placed in a trap. Once again, there are a variety of suggestions for traps (not as many as for the lures though), most of them quite simple. You will need several spaced around your orchard and vegie garden.

Fruit flies are said to be attracted to yellow, so, whatever trap you use, a strip of yellow tape just below the holes might help to lure them in.

Jars or Tins

A jam jar or tin with a lid is the simplest trap to make. Make a hole (thumbnail size) through the lid to allow access to the fly. Put the lure in the jar or tin and hang it from a tree or fence post.

Plastic Bottles

There are several types of traps made from plastic bottles. The simplest uses one bottle with holes made around it just below the shoulder. Put the lure in the bottle. Replace the lid. Hang in a tree.

This method was in a Feedback letter sent in by Barbara Chalker of Blackbutt some time ago: 'Cut a plastic soft drink bottle at the shoulder, invert this part with the neck of the bottle inside the main part of the bottle and seal with insulation tape. Poke two holes in base of the bottle for a wire hanger.' Pour your chosen lure into the bottle, invert, and hang from a tree.

Another trap uses two plastic bottles. Leave the lid on one bottle and cut a hole in the side big enough to screw in the top of the other bottle. Remove the lid from the second bottle and cut off the screw top part of the neck with a sharp knife or saw. Discard the bottle. Screw this cut-off top into the hole in the side of the first bottle. This allows the flies to crawl into the bottle but they are unable to find their way out again. The lure is placed into the first bottle.

MISCELLANEOUS METHODS

In addition to orchard hygiene and lures/traps there are an assortment of other tactics you can try.

Companion Planting

One source suggested that giant sunflowers planted in clumps would deter fruit fly. I think it's more likely that if this works at all it's because the sunflowers attract a range of predatory insects which may make a meal of the pests. Sunflowers are attractive, seeds are cheap, it's worth a trial.

Other plants said to repel fruit fly are basil, pyrethrum, southernwood, tansy and giant Russian garlic.

Biodiversity

Birds and predatory flies may play a small role in fruit fly control. So if your garden supports a diversity of insect and bird life you will be at an advantage, however slight. As mentioned earlier, native plants support a range of natural parasites and predators which prevent fruit flies from becoming a major pest on them. It seems to me that if your orchard/vegie garden is surrounded by native shrubbery the parasites and predators thus encouraged should spill over into the food gardens and assist in fruit fly control there as well.

Repellent

This mixture is said to repel fruit flies. It will probably repel humans as well and make working in the garden less than a joy. However, it depends how desperate you are.

- 1 lt kero
- 1 lt creosote
- 1 pkt mothballs

Mix together and hang in tins from trees or posts. Ten metres apart in orchards, four metres in vegie gardens.

Splash On Bait

- 50 g sugar
- 1 lt water

7 ml concentrated pyrethrum or nicotine.

Mix together. Splash around trees, on branches and lower leaves, don't spray. Re-apply weekly and after rain during fruit fly season.

Paper Bags

There is a company marketing water-proof, re-usable paper bags, of various sizes, to cover individual fruits. It seems like a fairly labour intensive option, but the bags are reasonably priced and worth trying if you have only a small number of trees. For details contact: Palmwoods Farm and Garden Supplies, PO Box 44, Palmwoods 4555, ph: 074-459-076.

Neem

Use a 1:40 dilution (neem and water) in an extremely fine mist spray. Apply after sundown, under lower canopy to wet the lower sides of leaves and all young budding fruit. Three applications are recommended: at flowering, fruit swell and first colour. As neem use is still in its early trial stages in Australia, Joe A Friend from Neem Peace (PO Box 10, Machans Beach, Cairns 4870) would appreciate hearing from anyone who tries this method.

I hope all this is of assistance to grassroots fruit growers and would love to hear from anyone who develops a successful combination of strategies based on the information in this article. I wish you a bumper harvest and happy munching.

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FREE RANGE FARROWING

by Glenda Wright, Wanganui, NZ.

I have often watched my free-range sows responding to their instinct as they prepare to farrow in the forest, their natural environment. I'd like to share my observations, hoping others may gain something from them.



Glenda, Jamah and Alex watching Jessica farrow.

My first experience with a farrowing sow was organised according to the manual. Despite my sow's industrious nest building in the forest, I insisted that she give birth in 'my' specially prepared house. As instructed, I'd built a barricade at the rear of her house, providing the piglets with a sleeping space that was free from the professed danger of being trampled to death by the sow. A heat lamp was hung there to encourage them into safety and to keep the constant temperature, which, I was told, piglets require.

The birth went well: fifteen pink, healthy piglets arrived. At three days old, the sow marched them off to her own nest in the forest. The slower ones fell behind and remained abandoned until I scooped them up and delivered them to her. She lay in her nest suckling the others, with a smug glint in her eye as she watched me juggle with the wriggling bundles.

Despite the fluctuating temperatures and occasional wet weather, she raised that litter in the forest and they all grew into strong, healthy pigs. Since then, I have always allowed my sows to choose

their farrowing places.

I aim to have them giving birth in the warmer weather, but I have had litters born in frosty or wet conditions, which have survived well. The sow always chooses a sheltered site, often in the lee of a fallen tree. She'll collect twigs and small branches for the base of the nest, then cover that with a very deep layer of selected grasses and bracken. The bale of straw which is always available to them is rarely touched. The advantage of using green bedding material can be seen by the steam rising from the nest on a cool morning. The heat created by the decomposing grass acts as an electric blanket!

Gathering the nesting material plays an important role by providing exercise just prior to birthing. This stimulates the sow's system, aiding in the preparation for the delivery process. The sow generally starts nest building around six

hours before farrowing and, as the contractions increase, she rests more frequently. The nest is usually completed about two hours before the first piglet is born. When a sow is confined to a pen or a sty she cannot take this vital exercise.

After farrowing the sow will change the bedding daily, by nosing out the piglets and the top layer of old material, then replacing it with fresh grass. From the first day most of the piglets will move out of the nest to relieve themselves, going further away as they get older. Given the space, they will select an area well away from their food and nest, which they will all use as a toilet.

By allowing my sows to act on their natural instinct I benefit from trouble-free farrowing with large, healthy litters being usual. The air of contentment emanating from the family as they snuggle together in their nest is the best possible start for active and healthy piglets.



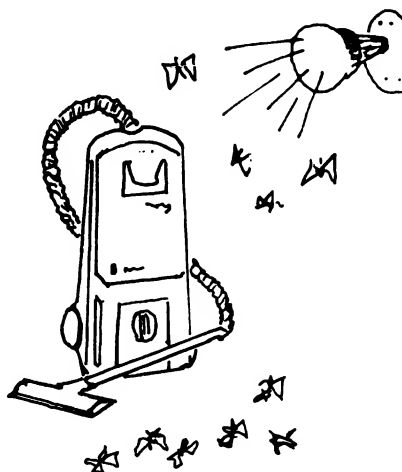
The piglets are born fully mobile and their immediate action is to find a teat to latch on.

A SELECTIVE BUG ZAPPER

by Col Patterson, Stafford, Qld.

Gardeners may be interested to know how I cope with the swarms of monolepta beetles when they attack my avocados. The swarms seem to coincide with the flowering of avocados and mangos, reaching its peak in the summer flush of avocado leaf growth late December – early January. They also seem to emerge after periods of heavy rain. Not a lot is known about the life cycle of the beetle but it is believed it pupates in the forest litter.

Fortunately I have not had a bad attack in recent years. I have been told that because I am using biodynamic preparations the beetles are bypassing the property. From my experience I think the swarm builds up gradually. Last season I noticed a few about and dealt with them quickly and that was the end of it. This season I noticed the odd one or two just as the avocados were about to reach full flower. We also had a good deal of rain – it was about July-August I think. So I repeated what I did last year.



About sundown I put all the lights on in the house, plus an outside flood light. This brought most of the available monoleptas to the house, plus everything else that is attracted to light. Gradually the inside lights were turned off and, armed with vacuum cleaner fitted with a soft rubber nozzle I proceeded to suck up the monoleptas, plus the moths, care-

fully avoiding the lace wings and the predatory wasps that came as well. Last year I managed to wipe out a big swarm of Rutherglen bugs this way. It is only necessary to do this for a couple of nights and the population soon goes down.

I think this also has an application in the suburbs to control lawn grubs and no doubt if the moth population is down the undersides of our houses won't have all the moth eggs to make them look unsightly. By the way, did you know Senator Barry Jones said on radio several years ago that he might have to get the army to put searchlights on to a nearby Canberra mountain to entice the Bongo moths away from Parliament House?

Reprinted from the December 1988 newsletter of Brisbane Organic Growers Group, PO Box 236, Lutwyche 4030.

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A PAUPER'S GUIDE TO GIFT GIVING

by Judith Magor, Devonport, Tas.

A diamond bracelet, an antique rocking chair, a set of crystal glasses, tickets to the opera all have one thing in common: they are expensive gifts. A gift does not have to be expensive to be valuable. Half a day of childcare for a tired mother may be a most welcome gift, an outing to the museum a special treat for a child. A weekly half-hour visit to make a cup of tea and have a chat with a housebound person may be a bright spot in the week for that person. These are costly gifts, they cost time, energy and love and their value often outweighs the value of a purchased gift. So if money is short, do not despair. Be creative in finding opportunities to give of yourself. There is no more valuable gift than time and love given with a generous heart.

There will, of course, be times when you want to hand over a parcel. For those with tight budgets Christmas can be an especially frustrating time. One can be tempted to fall victim to the 'buy now, pay nothing until March' schemes offered by many stores, only to regret it when the accounts start arriving in the new year. There are several methods of providing those special big items which are sometimes very important, especially to our children. Plan ahead and place the item on lay-by well before the special occasion, or watch out for the item to be advertised in the second-hand columns of the newspaper or in garage sales.

FAMILY GATHERINGS

If large family gatherings with lots of gift giving have become a burden, initiate change. Negotiate with family members for a new approach. Such gatherings should be times of fun, catching up, and enjoying one another's company. Talk about creative ways to achieve these aims.

Family Concert

Each family could bring an item for a concert. Families could bring a skit of a funny incident which happened in their family during the past year, or a song, or a poem about the year's events, or a set of slides of the highlights of the year. It's a good idea to set a limit of, say, 20 slides per family. Make sure that someone brings the screen and projector!



Gift Giving

Some ideas to reduce the cost burden include:

- Each person brings one gift of a general nature and within a specified price range. Gifts are placed in a large basket. Let each person take a 'lucky dip' from the basket. Children could bring for children, adults for adults, or there could be male and female gifts and two baskets used.
- Write each person's name on a slip of paper and put into a container. Each person draws out a name and becomes that person's 'buddy' for the year. This could involve phone calls and letters during the year and a gift for that person at the next annual gathering when names are once again drawn for the following year.
- Limit gifts to homemade or home-grown only.
- Set price limits.
- Give a group gift to charity. For example, ask each family to bring a pair of men's socks to be given to the local men's shelter, or a toy for distribution by a charitable organisation.

MILESTONE CELEBRATIONS

Special wedding anniversaries or birthdays are occasions when the wider family gather to honour one person or couple. Traditionally each person brings a gift, often expensive, and sometimes inappropriate or unnecessary. There are some practical ways of dealing with this problem.

Group Gift

One of the most practical gifts a couple of my acquaintance received on the Golden Wedding anniversary was a basket filled with 'golden' items from the supermarket. It included such things as golden syrup and Golden Shred marmalade, as well as items packaged in gold

wrapping such as butter and a fruit cake. Not only was it useful and a saving on their housekeeping bill for the next weeks, but they were not inundated with items to be displayed, dusted, cleaned and fitted into the limited space of a unit. Consider asking guests to such celebrations to bring an item for a similar hamper.

Make an Album

Each guest contributes a photograph or two, written comments, a letter or a poem. These are put together into an album and presented to the one who is celebrating the special occasion. Add some photographs taken at the occasion itself. Put together a tape of reminiscences and good wishes.

Autographs

Buy or make a plain tablecloth, cushion cover or T-shirt and let each guest sign his/her name with fabric paint, or in pen to be embroidered later.

Friendship Quilts

Each guest is asked to contribute a square of a specified size. This could be embroidered, patchworked or decorated with fabric paint. The individual squares can be presented to the guest of honour with the promise to put them together, or the squares can be collected before the occasion and the quilt completed to hand over at the celebration.

We need to reclaim celebrations as just that and not orgies of expensive gift giving. Let the occasion itself be the gift and, if you like, make a single gift the reminder of the fun of sharing together.

SURPRISE PARCELS

You and your family may love opening lots of surprise parcels as you gather on Christmas Day or some other family occasion, but your resources are limited. What can you do? It is a good idea to set some rules:

- a price limit,
- homemade or home-grown,
- second-hand (Garage sales and op shops can provide some great gifts – lovely single pieces of china and glassware, books, dress-up clothes, toys, games.)

Some gift ideas which cost very little include:

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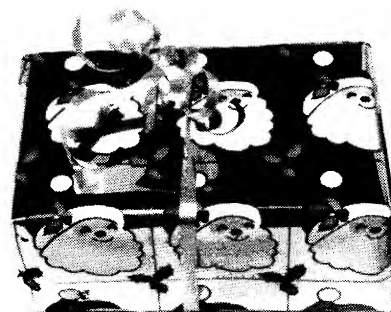
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Giant Biscuits

Make up a favourite biscuit mix and cut out or drop and spread extra large biscuits about 10-12 centimetres in diameter. Bake, ice and decorate lavishly with hundreds and thousands or Smarties. Put several in a cellophane bag and tie with curling ribbon. My own favourites are giant ginger biscuits with a smile face imprint.



Meringues

These are very cheap to make and much nicer than shop bought ones. Drizzle the tops with a little melted chocolate for a touch of luxury. Package in glass jars with covered or painted lids.

Chocolates

A packet of chocolate melts will make quite a few chocolates and even more if sultanas, nuts, cherries, ginger or coconut are added to the melted chocolate. Use moulds or drop fruit and/or nut clusters in small heaps on to waxed paper. Set and package.

Miniature Gingerbread Houses

As well as houses you can use gingerbread biscuit dough to make jigsaw puzzles, greeting cards, the traditional gingerbread men or Christmas trees, or games like noughts and crosses. Package games with sweets in two colours or distinct shapes to use as counters.

From the Garden

Start early and grow ivy, training it around a wire coathanger which has been pulled into a circle and with the hook straightened and inserted in to the

soil in a pot. Plant something in time for it to be flowering or fruiting at the time of gift giving. Fresh flowers, herbs, pot-pourri, baskets of fruit or flowers are all possibilities.

Other Ideas

- Make your own paper and tie together half a dozen sheets with matching envelopes.

- Cover a notepad with handmade paper or with fabric. Glue on a bow made from paper ribbon or stiffened fabric and a piece of strip magnet on the back.

- Design a board game. Draw it on paper and glue it to cardboard. Add a dice and buttons for counters.

- Make a book. Small children love to have their own story of occasions that were special to them: 'The Day I Went To The Zoo with Grandad' or 'My Birthday Party'. Use simple text and add some photographs or drawings.

Ideas are limitless. Have a brainstorming session with family and friends and see what you can come up with that is unique and will make your family celebration something very special to remember.

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SUBTROPICAL LOW-WATER GARDENING

by Kathy Standen, Murarrie, Qld.

I am watching the parrots chasing each other through the sky, the same parrots that often hang upside down eating the nectar out of the flowers on the palm trees – when they can get to them for the bees. We live in a little oasis of green, with bees, birds, butterflies and others laughing, chortling or fluttering by. 'Where?', you ask. 'The bush? An acre in the country?' No, though we have bought that. We live, instead, in the heart of Brisbane.

When we moved to this house, about three years ago, Brisbane was talking about introducing water meters, which meant it would be necessary to go with the climate rather than the mains. We decided to build up our climate skills for the acre.

The first year, however, we did very little as the house was a renovator and we spent most of our free time on that. Since we both work, we left the garden to itself. We just managed to mow the grass and that was all. The garden grew weeds at a wonderful rate, but since the front yard was totally concrete at that stage, we figured it didn't really matter, neither of our neighbours being gardeners.

Cobbler's pegs proliferated, but after a year, we were free to come back to it. I had read about permaculture and thought it would be plain sailing. Boy, was I in for a surprise!

The ground itself was wonderfully soft as it had had time to build up its own micro-organisms, but . . .

One of the reasons I found it so difficult was that 90 percent of the gardening books on sale in Brisbane are English or temperate based. I bought five books before I realised this. It helps to check to see where the writer lives, I discovered. Brisbane is in the humid subtropics and needs a special approach, particularly if you decide to go with the climate.

We have had some wonderful successes though, in spite of all those books. Mint, parsley, sweet potatoes to name but a few. Chinese cabbage, ginger, taro, the list goes on and on.

We leave our plants to cope with the



Time out for Kath Standen in her lush, minimum watering, subtropical garden. Spider lily directly behind and millet in the background.

climate with virtually no watering after the first week. We place all of them in the shade of the grevilleas that line our backyard.

Of course, they do go into shock at first, as we expect them to be independent, but we spend much time finding out what they need in the way of placement in this climate. We have soil over a clay base which we are constantly improving. Scraps are fed to the guinea pigs that live in an A-frame cage, moved around to different parts of the grass daily. Their manure is placed on the garden where lizards, plump and healthy, attest to the insect life around.

We find that the guild system and companion planting have been invaluable here. Once we find one of a guild that does well we plant all the others. Guilds are an extended form of companion planting: Plants that like the same soil and climate, for example bananas, pawpaw, chillies surrounded by sweet potato; or, ginger, turmeric, taro, chilli

surrounded by sweet potato. We have dry land rice and millet growing also.

Many of the Chinese produce seems to like our summer rains. Madagascan plants are another that do well here. However, very few English and temperate crops do as they normally grow during our dry spell and get starved for water.

Bananas, pineapples, the Asian herbs such as kang kong, water chestnuts, pepper, cardamom and mustard do well. Our fruit trees also thrive: guava, mango, macadamia nut, lemon, mandarin, orange, custard apple and pawpaw. Some of these are only new. Although we have only 400 square metres we find with plant stacking and seasonal difference we can easily fit it in.

That first year when we did virtually nothing to the garden, the plants that were not suitable died, but others went rampant. The subtropics being the only area without an 'off-season', we discovered, since we received very little rain in our winter, we need to choose

arid plants for that time and it is working well. The arid plants we trialled were wheat and sunflowers, both of which do well on the other side of the Great Divide around here. As our winter rainfall drops to 250 mm from summer's 1000 mm, we need different plants. We also notice that tomatoes self-seed around autumn after the rains have gone, and do not suffer 'the wilt'. We are gradually learning to live with the climate, just as thousands of others have over the centuries. Water on tap is, of course, wonderful, but we hope eventually only to need it for the house.

Right now, we are allowing some of the plants to go to seed, so that seed very suited to the land will grow.

While doing it this way is slow (very slow) at first, it starts to flow very easily after a couple of seasons.

Cooking is of course different here. 'Creole' appears to be very close to the food that grows easily in Brisbane area; pineapple and mango bisque for example. While Thai food is very popular in the restaurants.

Food in the supermarkets, however, is mainly temperate: apples, white potatoes etc, with the local food such as Lady

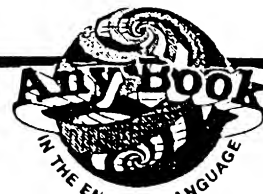
Finger bananas being much dearer. This means we definitely need to plant the local products if we want to eat them.

We hope eventually to have a backyard that will feed us, in good years and in bad. I am so pleased that we did all this before moving to our land because we became so disheartened at times. We gave ourselves the chance to discover the climate and the plants while still having the support of two jobs, water on tap, shops down the road and friends within easy distance.

We find subtropical living wonderful, but very different from either northern or southern styles. It has its own unique rewards and wrinkles but we wouldn't change our Brisbane climate for anywhere else in the world.

WORM FOOD

Feed worms a special 'milkshake' by putting food scraps in a blender, moisten with water, puree and pour the liquid into the worm bin. Don't use meat, fish, bones, butter, cheese or oily food. Do use egg shells, pasta, nuts, coffee grounds, tea leaves, cereals and fruit and vegetable scraps.



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EASY KNEAD AUSSIE DOUGHMAKER

A Family Business

by Graeme Doreian, Dromana, Vic.



After I was introduced to bread making by a baker friend in 1982 I started to experiment with ideas for a simple, hand-operated dough making machine. I made and tested a prototype of what I felt was my best idea. To my dismay it wasn't quite up to expectations and, at the time, I couldn't see a way around the problems.

DOUGHMAKER DEVELOPMENT

Many changes in my life brought me to 1991 when I put my brain back into gear and did some more research. I found that, although home bread making had grown in popularity, there was still no simple device to take the hard labour out of the process. At this point my father, a designer and builder, contributed some ideas. This led to Dad making a device from timber, with a steel handle. This we tested at home. It worked well so we approached friends from the building industry who allowed us to use their premises and equipment to replicate the

timber design. The parts were made in thick section acrylic plastic and glued together. The beater was made from timber, with steel pins, and the handle from steel. Our first plastic prototype!

Prototype Testing

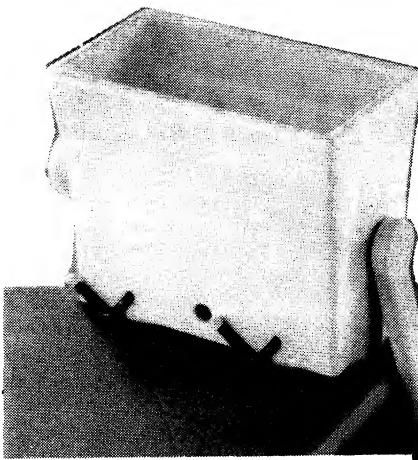
This, along with a second, slightly modified, handmade prototype, was trialled by two different major flour companies who were recommended to me by a mutual customer. A third and final prototype was tested by an Australian yeast manufacturer.

During the development period of the doughmaker we made a few minor changes to our first plastic prototype and decided to have the second prototype professionally built. We contacted a company who specialise in this field and visited them showing them the first prototype I had built. We were told that to make another could cost in excess of \$2500 and the standard of workman-

ship of the first prototype built could not be much bettered, so I built the second prototype also.

We then felt there could be further cosmetic design changes to the second more lightweight machine, so after trialing this machine, I constructed a third machine which looked as close as possible to the finished product. The third machine was so close in fact, that the toolmaker used it to make the tools used to make the finished product and I used it in test marketing demonstrations until the finished injection moulded plastic machine was made, ready to retail.

Dad and I approached the William Angliss College in Melbourne, met the head of the bakery section and demonstrated the doughmaker. They were very impressed by the ease of use and the quality of the finished product and have incorporated the machine into their bread making courses.



The doughmaker sits on a bench by means of suction caps. The handle is turned to knead the dough.

Patenting

During the period I was building the prototypes, Dad and I approached a patent attorney who was recommended to us. A patent search as far back as seventy years for an Australian patent found no similar invention to ours. Costs for Australian patents can range from at least \$3000 upwards, depending on the complexity of the invention. It is best to contact a patent attorney – they are the experts.

I have heard a world patent can be in

excess of \$100,000. Leaving our options open, we are presently filing for a patent in America, through our patent attorney in Australia. This will cost an estimated \$8000 or more. A search back 130 years in America has found no hand-operated, simple and easy to use machine that mixes and kneads ingredients to a dough. Patents, from what I understand, once approved, can give the inventor around sixteen years to have exclusive rights to market their invention, after this time anyone can copy the invention. We have found it valuable to always be in constant contact with the patent attorney and not to be afraid to query paperwork as this is of great assistance to them.

TEST MARKETING

We used a specialised marketing/surveying company to establish that there is a market for the Aussie Doughmaker. I also travelled to quite a few parts of our great country, as well as to New Zealand, to conduct bread making demonstrations to groups of people with our final prototype. I held useful discussions with the audience afterwards, as well as having a simple questionnaire completed by them. This survey

did reveal a market that 'kneads' our Aussie Doughmaker. In the New Year we will be introducing the Aussie Doughmaker firstly to New Zealand then into the United States of America where patents have been applied for. Investigations of this market have indicated there is a lot of home baking, contrary to the image of fast food America, which shows that many people still see the value of preparing healthy food at home and saving money.

PROVER BOX

At this point all-Australian companies were chosen to manufacture tools to construct the final finished product ready for use. During this period we also tested and built a prover box to assist bread prove or rise in hygienic conditions. This will hold up to three large tins of dough and doubles as a storage box for the doughmaker.

Originally I made a prototype prover box from plastic to assist the proving of dough to quicken my demonstrations of bread making using the doughmaker. There was so much interest and so many requests for the prover box that we were convinced by people to make it commer-



The Doreian family enjoys their homemade bread.

cially available. I am still using this original final prototype plastic prover box at home.

The lecturers at William Angliss College agreed the prover box was the most effective hygienic method of proving bread at home because it kept the dough at the ideal temperature to ensure the yeast worked correctly and no dust, children or animals could interfere with the dough proving (rising) in the tins.

HOW THE SYSTEM WORKS

Each doughmaker comes with full instructions for use as well as bread making hints. Briefly, the doughmaker is a rectangular box which fits onto a bench by means of suction caps. The handle slips into one end. Ingredients are placed in the doughmaker and the handle turned for about five minutes. The dough is then placed into the prover box for rising, shaped, placed in tin and returned to the prover box for second rising, after which it is then baked. You can of course, prove the dough in your usual way.

The doughmaker can process from 250 to 700 grams of dry ingredients which will for example make:

- 250 g = 1 family size pizza base.
- 500 g = 1 large loaf of bread.
- 700 g = 2 medium loaves of bread.

When not in use it can be stored in the prover box.

A FAMILY BUSINESS

Our family have formed a company called Easy Knead to market the various products associated with home bread baking, such as organic all-natural bread mixes. This is being done through a growing network of distributors who will offer personal service, bread making demonstrations/workshops which will give them and those who wish to

join the best of both worlds with the opportunity to make 'dough' at very competitive prices.

Once the Australian home bread bakers have seen the advantages of this simple system the product will be offered overseas, starting with New Zealand where test marketing is being conducted and patents applied for, as well as the United States of America where a patent has been applied for.

Without the support of family and friends in developing the Easy Knead Aussie Doughmaker it would be just another Australian invention left on the shelf. However, with that support and the 'knead' to provide products at competitive prices and strive to give great customer service this Australian small family business dream can be fulfilled and bring home export earnings from a world-first invention.

Product Availability

The Easy Knead Aussie Doughmaker includes a measuring container, complete instructions and bread making hints. RRP \$70.00 + \$6.95 p&h.

The Easy Knead Aussie Prover Box doubles as a storage box for the doughmaker. RRP \$38.50 + \$6.95 p&h.

The Aussie Knead Aussie Bakery includes the doughmaker, prover box, measuring container, 1 medium and 1 mini loaf tin. RRP \$115 + \$9.95 p&h.

Contact

For more information please write to: Graeme Doreian, PO Box 383, DROMANA 3936. Ph: 059-814-109.

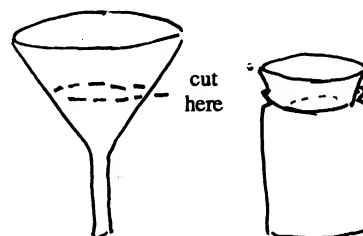


PRESERVING HINTS

by Ruth Watson, Bell Park, Vic.

When using a gas stove to cook sauce, jam, pickles: to avoid hot spots and burning on the bottom of the pan, use a flame distributor. It is placed between the stove and the pan and spreads the heat evenly over the bottom of the pan. It really works well. I bought mine at my local hardware store and it is worth its weight in gold. Great when preserving fruits too.

To stop jams and pickles spilling down the outside of the jars when pouring them in. Use a normal household funnel which is about 12 centimetres across the top and cut off the bottom spout section part of the way up the taper so that the hole in the bottom is about five centimetres across. Use the top section. Sit this new funnel in the top of your jars for easy, spill-free filling.



PARSLEY FACIAL TONIC

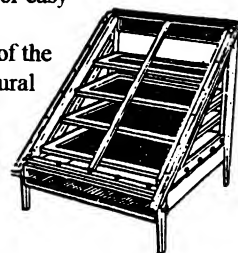
Take a handful of freshly picked parsley and pour a cupful of cold water on it. Bring to the boil and let simmer for 10 minutes. Strain and keep refrigerated. Every morning wash your face with warm water, dry off and apply parsley tonic by dabbing the skin with a piece of cotton wool soaked with the tonic.

SOLAR FOOD DEHYDRATOR

Save money, harness free energy from the sun with the Solar Safe and turn excess garden produce or cheap fruits in season into expensive dried fruits and vegetables. You can preserve food naturally without using chemicals, sugar or salt. The large capacity enables you to dry large quantities at any one time. Make your own fruit leathers and sundried tomatoes cheaply and quickly. The sturdily constructed Solar Safe folds flat for easy storage.

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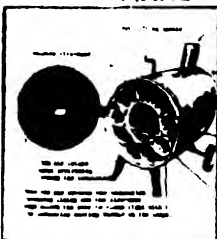
AUSTRALIAN DESIGNS — Our projects are designed in Australia for Australian conditions using easy to get bits and pieces from your local area.

RECYCLED PARTS — We place a heavy emphasis on using recycled parts. It can cut the cost to nearly zero on some projects. We show what parts to use, and where to get them.

WE BUILD AND TEST THEM — We build and test these projects before we print the books. By doing so we know you will be a satisfied customer, as your recommendations became an important source of business to us.

FREE TECHNICAL ADVICE — The projects are detailed and easy to make, but if a difficulty arises either in making or using them, we are only a letter or phone call away for free technical advice.

MAKE YOUR OWN CHARCOAL



This unit produces 10 litres of high grade charcoal per hour from waste wood. The wood is baked in "coaling tubes" which expels gas and tar etc from the wood leaving pure charcoal. The process is started with a handful of sticks, then the unit is totally self fueling using the expelled gas and tar. (This principle was used during the 17th and 18th century in the production of charcoal for the glass furnaces and iron foundries). This process produces a very pure high grade charcoal with the maximum possible carbon content. It is ideal for barbecues, water filters, melting aluminium, forge work, (particularly impact welding where a clean hot fire is required), and many other uses around the home and workshop. **CC56—\$8.00**

DIESEL BLOW TORCH

This is a powerful, fast heating torch. Compressed air vaporizes the diesel giving an intense fierce heat. The flame is full, adjustable from a gentle heat for soldering up to a searing blazing flame a metre long.

DT54—\$8.00



BUILD A MELTING FURNACE

The melting furnace is possibly the most spectacular project of all. It is easy to build using refractory cement. (Used the same as ordinary cement.) Exact grades are specified together with the suppliers address and phone numbers, for delivery anywhere in Australia. This furnace melts all normal casting metals, eg aluminium, brass, cast iron stainless steel etc, and reaches a brilliant, dazzling shimmering white heat in the melting pot. Despite these high temperatures i.e. 1,550°C in the melting pot, the furnace is cool on the outside and quiet, smokeless and safe for backyard use. The main outer casing is a 12 gallon drum, and the air blast is supplied by an old vacuum cleaner. Included is an easy method of casting aluminium using plaster of paris moulds. **MF55—\$9.00**

HOW TO PATENT YOUR INVENTION

You do not need to actually build your invention. This manual shows you how to draft out and lodge a "Provisional specification" for \$85.00. This gives you 12 months of patent protection in which time you can sell your idea to a manufacturer or promotional agency for outright cash or royalties. The only work you need do is fill in the forms - about 1 hours work, on average and pay the patents office a \$85.00 lodgement fee. We explain all about patents, how to fill out the forms, and show completed examples to make it easy for you. **P40—\$7.00**

Portable Stove

This is an unusual design, very easy to build and capable of all types of cooking, roasting and barbecuing. Lightweight and works in pouring rain. Uses all types of fuel, eg. wood, newspaper, coal, etc.

PS51 \$6.00

Blacksmith Forge

This is a brilliant design, being easy to make, low in cost and exceptionally efficient. It will heat heavy pieces of steel to a soft plastic state in a few minutes. Plans included for making old style bellows, and procedures to harden, temper and anneal steel. **F52—\$9.00**

F52—\$9.00

Case Harden Steel

Make tools, chisels, etc. from ordinary steel, then case-harden to a hard tool steel finish. Harden shafts, tractor parts etc. Methods formulas and techniques for use in the home workshop. The mixture is absorbed up to 1/8" into steel by a heating technique. No special skills needed. Chemicals are cheap and easily obtained. **CH53—\$7.00**

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Water Divining

Details the proper methods of making and using divining rods to find underground streams and reservoirs. You will be able to accurately assess the depth, rate of flow, amount and purity of the underground water. **D38—\$6.00**

D38—\$6.00

MANUAL OF 210 FORMULAS FOR HOME, WORKSHOP AND FARM

With the information contained in this manual you will be able to make your own products to use in the home, workshop or on the farm. All chemicals are readily available, with the names and addresses of Australian suppliers included. You will learn how to make paint of all types, i.e. rustproofing paint, fire-proof paint, luminous paint, marine paint, latex paint, putty, household cleaners, ant repellents, fly killers, soap, cockroach spray disinfectants etc. Formulas are also included for making imitation marble plastic, imitation gold, gunpowder, rocket fuel, etc. All formulas are relatively simple, do not require any special equipment and can all be made at home. **F16—\$6.00**

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How To Build A Portable High Voltage Power Plant And Welding Unit Using A Second-hand Car Or Truck Alternator

Research and Design by Jim Alloway

This special research manual shows how to convert old car alternators into a high voltage power plant and welding unit. This unit will run 240V lights, power tools, heating tools, universal brush type electric motors (will not operate induction motors).

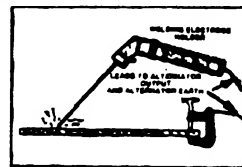
You will be able to fast charge batteries, arc weld, fusion weld with carbon arc rods, solder, braze, cut steel and heat steel to near melting point for shaping and bending.

Old 35 amp Bosch and Lucas alternators work very well. The modifications are easily done by anyone with ordinary tools. All the required parts are available from auto electricians or auto accessory shops and the total cost of parts is \$12.00 to \$15.00.

As a guideline to performance one 35 amp alternator will run 240v lights, drills, spot weld, heat

steel with twin carbon arc rods and do light welding. Two 35 amp alternators wired in parallel give an output of 70 amps which is adequate for most applications.

NOTE: You do not need a welder - this unique design enables welding leads to be connected directly to the output terminal of the alternator. The amps/voltage ratio is easily varied and controlled, enabling a low voltage, high amperage weld



ing current output from a direct connection on to the alternator.

In addition to using your existing car alternator and pulley you will learn about various drive line options including a high speed ground level wind crute power turbine which you can build yourself and a water wheel with enough power and torque to twist and break a 25mm solid steel drive shaft. Included is a simple method to convert old car generators into 2-speed 12v electric motors and a special section on formulas and chemicals which you can use and make yourself to rejuvenate old batteries. **P37—\$9.00**

P37—\$9.00

How to Make Alcohol Motor Fuel

This manual shows an easy method of making alcohol fuel (methanol) by fermenting plant and vegetable waste. Methanol can be added to petrol as a fuel extender, or used straight with a motor carburettor adjustment. Methanol is water soluble which means it can be mixed with water, and in fact will absorb water from petrol tanks. Methanol, water and petrol will all mix and dissolve into smooth motor fuel which is efficient and economical. Production is slow and not suitable for commercial ventures. However, it is a fascinating and rewarding project. **P23—\$6.00**

P23—\$6.00

AIR COMPRESSOR PLANS

Build your own compressor using the piston assembly of an old lawn mower and used car parts

This detailed manual shows exactly how to set up the compressor pump, air tanks and regulator for high pressure, high quality, automotive spray painting, spray painting around the home, high-pressure engine cleaning, sand blasting, operating air tools, nailing guns, air hammers, etc and with these unique design plans it can be built by anyone using ordinary tools, an electric drill and a few hours to spare. **C33—\$7.00**

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PLEASANT PHEASANTS

by Lesley M Blake, Perenjori, WA.

Anyone who has kept chickens or other domestic poultry may be interested in branching out to the keeping of pheasants. These fascinating and beautiful birds can give many hours of pleasure as well as providing an excellent source of income for the breeder.

Their natural habitat is Asia and they have an extensive range including India, China, Japan, Mongolia, and as far south as Malaysia.

Pheasants require a fairly large aviary-type enclosure with a secure wire top as they like to take to the wing although they are ground dwelling birds. Their enclosure should have an earthen floor as they require dust baths.

There are various types of pheasants. I find I prefer the magnificent Mongolian pheasant or Chinese ring-neck as they are more commonly known, but they're all marvellous birds and the caring and breeding of all types is the same.

Pheasants may be housed with other birds but no more than one cock should be kept in the same enclosure as they will fight. Also it is not advisable to mix pheasants with chickens as the pheasants are likely to mate with them.

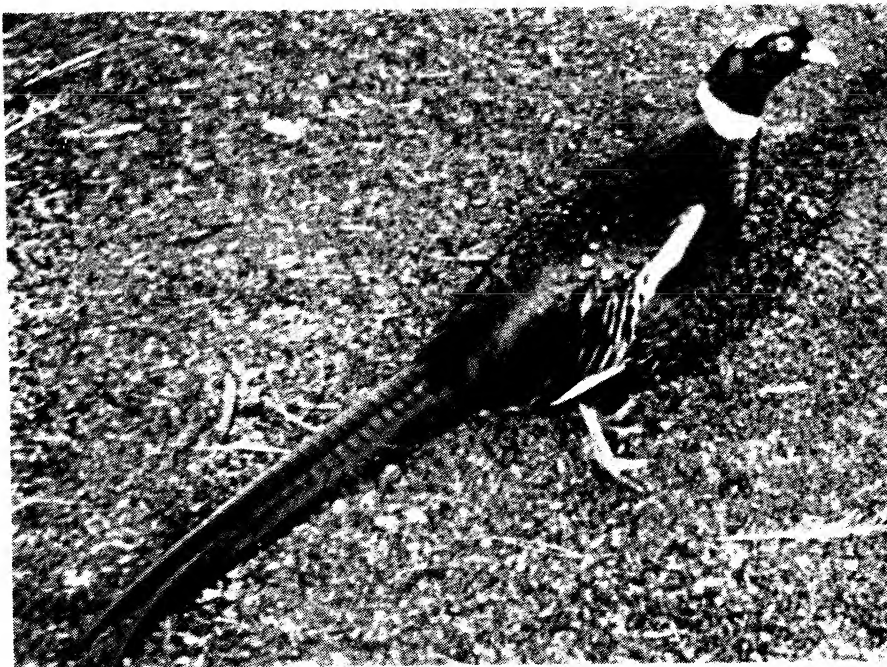
They require some long reeds or grass in their pen for their nests. The normal breeding season is in spring and summer, although this can vary depending on local conditions.

Pheasant cocks are readily distinguishable from the hens, being larger birds with striking colours and long tail feathers. They may also sport distinctive head decoration and have spurs on their legs. Hens have more of a subdued colouring, rarely have any head decoration or combs and do not have spurs or long tail feathers.

Fresh water should be available. Feed them on grain, grit and poultry pellets, changing from nonlaying to laying kind at the onset of the breeding season. They also require some green feeding such as thistles, cabbage, lettuce, spinach, or almost any grasses.

Good feeding management is the best way to ensure happy and healthy birds. A good breeder's manual is a handy standby to have for any unforeseen problems. These can be obtained from most good book shops.

Female pheasants are not good moth-



The ring-neck is my favourite pheasant, but they're all marvellous birds with stunning plumage, more pronounced in the males.

ers, being notorious for laying anywhere and walking away and leaving their eggs. A bantam hen makes an excellent foster mother for abandoned eggs or chicks. They are very reliable sitters and fiercely protective mothers. The incubation period for the eggs is between twenty-three and twenty-eight days, depending on the breed of the pheasant.

Young pheasant chicks are treated as any domestic poultry chicks. They are best left with their mother as she is better equipped to keep them warm, but they may be reared successfully under a light to provide warmth and do well fed on chick mash and green feed. Fresh water must be provided at all times in a shallow container to prevent drowning.

Pheasants are not protected so no licence is required to breed them. It will pay to start with very good breeding stock as your future line will depend on them, so ensure you get them from a good breeder. There is a ready market for young pheasants, a well placed advertisement in your local paper will usually find a buyer for your excess birds.

If you find at some time you have spare birds on your hands they are excellent table birds and well worth the trouble of dressing them. The best time

to kill pheasant for the table is at around fourteen weeks old, with ring-necks being by far the better pheasant for table use. Hen birds, although smaller than cocks, are less dry and more tender with very good flavour. Young birds are best for roasting while older birds make excellent casseroles.

See GR 62 for another useful pheasant article.

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BACKYARD PHEASANT KEEPING

by Megg Miller, Euroa, Vic.

Pheasants are an exotic addition to the fowlyard but they are not the easiest species to start with if you are a complete beginner. Let me quote an acquaintance who is an experienced game breeder; his words succinctly sum up pheasant keeping.

'If pheasant raising was easy then everyone would be doing it, but the fact is they are not a simple bird to keep and can even be downright difficult. For all their problems and their reputation pheasants are a marvellous bird to keep.' (John Millington, *'Backyard Pheasants'*, *NZ Poultry and Game Birds*, Nov 92)

WHAT MAKES PHEASANTS DIFFERENT?

Pheasants are regarded as game birds along with partridge and quail, none of which have been domesticated to the extent fowls or ducks have. They are essentially wild birds and, although they will quieten with handling, rarely lose their instinct for flight and survival. Thus, pheasants are highly strung and flighty, and their nervous disposition predisposes them to mortal accidents, aggression and cannibalism.

By acknowledging their unique characteristics and how they differ from poultry, you can set up an environment that suits them and minimises potential stresses.

There are many varieties of pheasants in the world, but only about 16 in Australia. These in turn are divided into two main categories, the 'true' or game pheasants used commercially for table production and the richly coloured and beautiful ornamental pheasants. The individual breeds will be discussed next issue.

HOUSING

Most readers will want to keep pheasants under aviary-like conditions rather than intensively, so only these requirements will be covered. You will need to provide a yard that allows around two square metres of space per bird, it should be enclosed by a high, netting fence, be well vegetated with a mixture of grasses, shrubs and small trees, include a shelter that is sited for optimum wind and rain protection, and be covered with loosely strung wire netting or a special

synthetic netting to keep the birds in but also prevent head injuries should they fly up into it. Pheasants commence flying as early as 2-3 weeks of age so need either the primary feathers of their wings trimmed or a fully covered in yard from this time. Loose netting is recommended because, like quail and guinea fowl, pheasants will fly vertically if startled and may break their necks if they make contact with an inflexible surface.

A simple shelter with a perch (or more depending on the number of birds) is all that is required and a basic fowl house will suffice. Although it is not necessary to make it lock-up, this facility could be an advantage if you need to catch birds. Remember to allow space for ventilation along the top of the walls (hot air rises) particularly if the shed is constructed from corrugated iron. Where sides or the front are covered with weld-mesh or wire netting, a windbreaker should be added. This need only be a length of flat iron securely attached to the shed frame so it does not blow about, and around knee height. Perches could be installed two-thirds of the way up the shed wall as this species likes to be up high. A number of nest boxes protected from the elements in the shed may encourage hens to lay in one spot rather than laying eggs randomly.

It is essential that ground cover is established in the pen, which means you build around well grown bushes or plant out months before you get your birds. Low bushy foliage in tubs may be substituted and branches off shrubs and trees placed in the yard. Crops like sunflower, millet, rape, sorghum, mustard

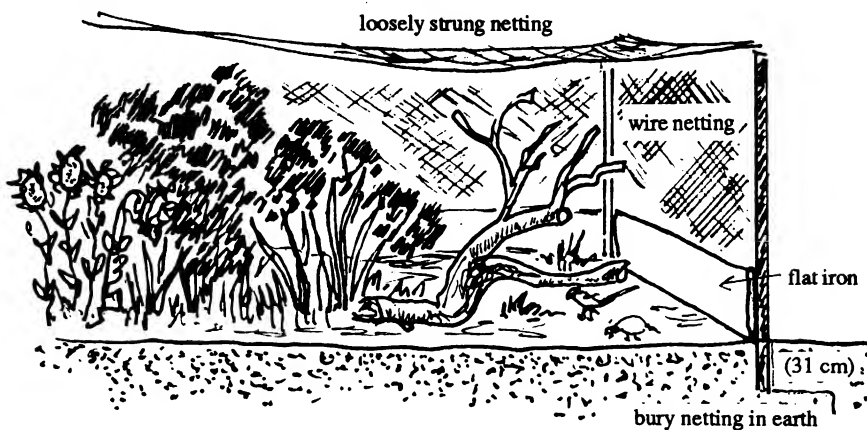
and cow pea could be seasonally planted as well as stands of Jerusalem artichokes. The ground cover and branches offer protection to females and low ranking males from aggressive birds, while bushy plants make suitable nesting sites.

The main considerations with housing and yards are that overcrowding is prevented, that there is space and protection for birds to get away from one another and also from hot sun and driving rain, and that birds are not vulnerable to draughts when perching or huddling out of inclement weather. It may also be an advantage to run a length of flat iron around the bottom of the pen or aviary fencing. This need only be knee high but would be sufficient to stop the pheasants tendency to pace up and down the sides of the pen, especially when first relocated, and stop bored dogs chasing or frightening the birds. It goes without saying that the bottom of the fencing wire should be buried at least 30 cm in the earth to prevent foxes or dogs digging in.

FEEDING

Pheasants have nutritional needs like turkeys so require a high protein diet. This is particularly important for chicks and growing birds and if you do not provide it they may seek a substitute through feather pecking and cannibalism. If you do not want to feed a proprietary ration, a mixed grain diet could be provided together with meatmeal available ad lib. Greens bundled together and hung so the birds have to stretch up to reach them are usually well received and both hard grit for gizzard function

Recommended Fence for Predator Control



and shell grit should also be available for selection. Clean cool water is essential at all times.

GENERAL MANAGEMENT

Care of this species should always take into consideration their nervous, flighty nature. The suggestions re foliating aviaries and pens will minimise stress as will avoiding overcrowding. The latter encourages feather pecking and precipitates outbreaks of coccidiosis and worms. Beginners generally start off with a cock bird and between two and five hens, depending on the species. Some ornamental varieties do best in a trio whilst the ring-neck male can comfortably handle around half a dozen mates. Problems occur when the flock size increases and more than one male is kept. There is a tendency for fighting amongst males, especially prior to the breeding season in late September, and mortalities are not uncommon. As well, males may occasionally turn on their mates and savage or even kill them. Plenty of space in the pen and ground cover in which to seek refuge reduces such behaviour. It may also be worthwhile paring back the spurs on males with secateurs and a large file as these cause much damage to the females during mating and to fellow combatants during sparring.

Because pheasants have the ability to make short, strong, almost vertical bursts of flight they can easily escape the confines of a 1.8 metre high fence. Options for ensuring containment include regularly cutting the primary feathers of one wing, pinioning (offensive to many people) and securely netting the top of coops and the aviary. If you decide to wing clip, remember that chicks will be able to fly from 2-3 weeks of age and that clipping the feathers must be redone at monthly intervals. Chicks raised under broody fowls may need their wing feathers clipped.

Catching pheasants presents a problem because of the wild nature of the birds. It is difficult to catch them in the aviary or shelter without unduly upsetting them. Frightened birds can easily break their necks and when caught may struggle wildly and fracture delicate legs. Catching using a fishing or home-made net yields best results; alternatively, work at night by torchlight when birds are more subdued. If moving birds, temporarily hold in a well ventilated cardboard box or cover a weldmesh crate with

hessian bags so birds do not panic and launch themselves into the sides or top.

DISEASE AND DISORDERS

While the young chicks are delicate and need close supervision adult birds are relatively hardy. More mortalities are caused by misadventure or self-inflicted injury or cannibalism than by disease. Coccidiosis can be a problem in brooder reared chicks but should not trouble hatchlings raised under broodies if there is plenty of room. A little whey powder sprinkled over turkey crumbles every other day will help contain this disease, as of course will scrupulous hygiene. Slippery elm powder made into a runny paste and eye-dropped or teapooned into the beak of scouring chicks is a natural treatment for this disease. Blackhead may also trouble the chicks and while it is worthwhile to have the conventional treatment on hand, prevention can be achieved by adding crushed garlic to the drinking water twice a week and following the management recommendations for protecting turkeys from this disease.

Feather pecking and cannibalism may be your biggest problems. Feather pecking can start as early as two weeks and once established is difficult to stop. It can also quickly lead to cannibalism. It is imperative the birds, especially chicks, have a high protein ration. It can be supplemented with success by strategically placed bowls of meatmeal. Damaged birds should be removed and treated and allowed to fully recover before being introduced back into the flock. Boredom also contributes to this vice, hence the recommendation for a well vegetated yard. Bales of lucerne hay birds can pick at, hanging bundles of green feed and ample facility for dust bathing all provide much needed activity for this species.

BREEDING

A ratio of one cock to six hens is ample for the game pheasants and probably two or three hens for ornamental breeds. Cock birds are often sexually active before the females and may hassle or attack through frustration. Observe closely that damage to females is not being inflicted either from spurs or by pecking on the head and temporarily remove stock if necessary. Birds should be put together or 'mated up' well in advance of lay so the peck order can be established. This is relevant if more than one

male is kept in the same aviary. Fighting is detrimental to fertility and often results in broken eggs.

Laying is restricted to a short period of the year, usually from late September through to late January. Egg numbers laid will vary depending on age of hen, breed and strain, but will probably fall between 20 and 50 per year under non-intensive conditions. Fertility drops off towards late December so early hatching is recommended. Hatchability is very low compared to other poultry species, usually see-sawing between 10 and 60%. Second year hens are at peak production and fertility, but most people have a mix of ages in their flocks.

Best hatching results are gained by setting eggs under broody fowls. They are quieter and more reliable and this practice frees the pheasant up to continue laying her precious eggs. If you do choose to incubate using fowls you will need to provide preventative medication in the drinking water because of the risk of blackhead infection to the chicks from fowls.

Once the chicks have grown and are weaned from their mother care must be taken in introducing them to the adult flock. Mixing pheasants of different ages is not successful because of their territorial nature. It is kinder to the young birds to rear them separately and either keep a second aviary or introduce them as adult birds. Never, ever, introduce a sole bird – you are signing its death warrant. Always add birds in units of two or more.

Next issue we will look at the different breeds and their particular idiosyncrasies.

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TRY A MINI-COB CORN

by Elizabeth Key, Glenn Innes, NSW.

Have you ever wanted to grow a vegetable that is a little out of the ordinary but tasty and easy to prepare? Then it is time to consider planting baby corn.

Baby corn is a delicious, tiny sweet corn, which is eaten cob and all! It is seen in many Chinese dishes. They are the little pale cobs that look just like normal corn, only miniature. They have a similar flavour to sweet corn, but are much more tender and the flavour is more subtle.

Baby corn is often found in tins in the supermarket, but the flavour of tinned corn is much less enjoyable than the taste of freshly picked cobs. Once picked, the natural sugars turn to starch so it is best to eat them as soon as picked. They can be frozen, although fresh is always best!

Growing baby corn is similar to growing sweet corn. Unfortunately, even though the cobs are small, the plants grow to a normal size so they need as much room as the large variety. If your garden is very small, there probably won't be enough room for the plants to grow. However, even a small patch of baby corn can be an interesting change from rows of the more common vegetables.

Seedlings can be sometimes purchased from nurseries, but it is usual to purchase seeds. Most seed producers now have baby corn on their list so seeds shouldn't be difficult to find.

The seeds are planted in rows about 45-60 centimetres apart. Space the seeds closely, about two centimetres deep. Once the seedlings start to appear, thin out so they are 10-12.5 centimetres apart.

Sweet corn is usually planted in blocks to allow cross-pollination, but baby corn is actually the unfertilised corn on young cobs, so there is no need to plant the latter in blocks. If you prefer block planting, the plants will still bear corn, but if left on the plants too long will mature into normal corn. If this happens, the stalk will not produce any more cobs.

The seeds can be planted from August to February in the warmer areas. In cooler areas it is best to delay planting until October when the danger of frosts is over. If striking the seeds inside, ensure that the seedlings are hardened off before planting outside. Germination will occur within six to ten days.

Prepare the soil with plenty of organic matter. Include plenty of chicken manure, and make sure the soil is well



drained. It is a good idea to plant baby corn where beans or peas were planted the previous year. That way the corn makes use of the nitrogen left in the soil by last year's legumes.

Keep the rows free from weeds. If you must weed, take care not to disturb the roots too much. Keep the water supply plentiful during the growing period and mulch the bed well.

Harvest the cobs when the silk first begins to show above the husk. If harvest is delayed and cross-pollination occurs, the plant ceases to produce more cobs. An average plant will yield four to six mini-cobs.

Baby corn succumbs to the usual sweet corn problems. If tiny aphids appear on the foliage, spray with a mixture of biodegradable detergent and water. Poor germination or the seedling rotting at ground level is the result of a fungus. Overwatering at germination may be the problem, so decrease the water supply for a while. If the problem is severe or persists, it is best to remove the plants and start again.

The most common pest is the corn earworm. The caterpillars burrow into the cob and eat the corn. In larger varieties, if caught in time, not much of the cob is damaged. However, when growing baby corn, if caterpillars strike, the cobs will be ruined very quickly. An unusual method of control is to remove several of the caterpillars and mix with a small amount of water in a blender. Spray onto the plants, and, strangely enough, this is often enough to deter further infestation.

A handy tip when choosing the posi-

tion for your baby corns is to consider planting them next to pumpkins. The pumpkin plants will spread all over the bed, acting as a living mulch, conserving moisture and cooling the soil which the corn appreciates. The pumpkins will also benefit from the shade cast by the corn (when it has grown high enough to cast some). Both plants are heavy feeders so liberal applications of compost and/or manure will be mutually beneficial.

If Chinese food does not take your fancy, try using the tender corns in a salad for an unusual, but tasty combination. Otherwise, tempt your taste buds by tossing in parsley butter or cover in lashings of cream sauce!

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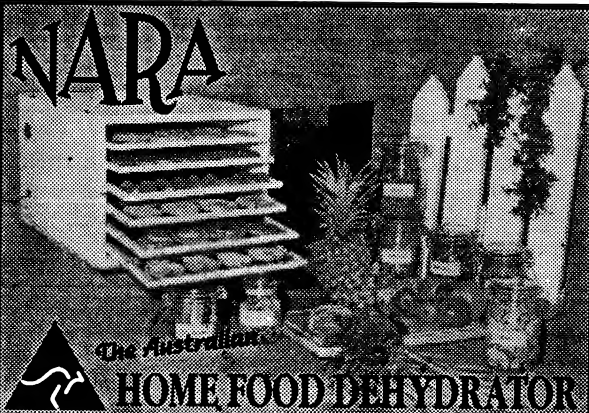
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SOLAR FOR YOU

by Anne Terrell, Fish Creek, Vic.

I was inspired to write this article as a reply to 'Paradise a Different Perspective', by Doug Marsden (GR 105). I have been living in the South Gippsland region of Victoria near Wilsons Promontory for twelve years now. Although close to the southernmost part of the Australian continent the winters are often mild, alternating bleak wintry days with spring-like warmth and reliable rainfall all year round. The greenness of the rolling hills for most of the year is atypical of a lot of Australia.

I fell in love with a 13½ acre (five hectare) block of bush, spagnum moss bog and native grasses bordered by farming land and about 80 hectares of old-growth forest. As surrounding farms were cleared about 35 years ago many native tree belts were kept and the farms boast patches of bushland that interconnect with recently declared coastal reserves. Wildlife abounds. At present in the hot weather I have marauding goannas around my chook and goose pens. Black swamp wallabies nibble any fruit trees left insufficiently guarded in the outer paddock. Wombats ensure that my attempts at fox-proofing the home yard are never secure. The koalas grunt in the trees, occasionally to be carted off to the reserve by disgruntled neighbours with young gum trees. The birdlife, including eagles and hawks, the waterbirds, especially the black swans, wild geese and ibis, make this a paradise on earth, ten minutes drive from some of the most beautiful unspoilt beaches in Australia.

HOUSE AND NEIGHBOURS

Twelve years ago I was at the end of two kilometres of dirt road. The last few hundred yards looked as if you had reached the very end of the track and the only traffic was a local tractor once a week, and me! A few years later new neighbours built further along and the road was then gravelled to the second last house, me again. With them they brought the SEC.

My home, a 1940's farmhouse, had been moved on to the block by the prior owners, the only power source being a trusty 1.8 Lister diesel generator putting away quietly out in the back shed. A much more peaceful sound than the roar



After years of research Anne Terrell decided on a solar power supply with diesel generator backup for her 1940's farmhouse near Fish Creek.

of petrol generators. The SEC themselves suggested that if I could come up with an alternative to mains power I might be better off in terms of both reliability and cost as here we are at the end of a grid pattern and mains power failures are not uncommon. I investigated wind and solar.

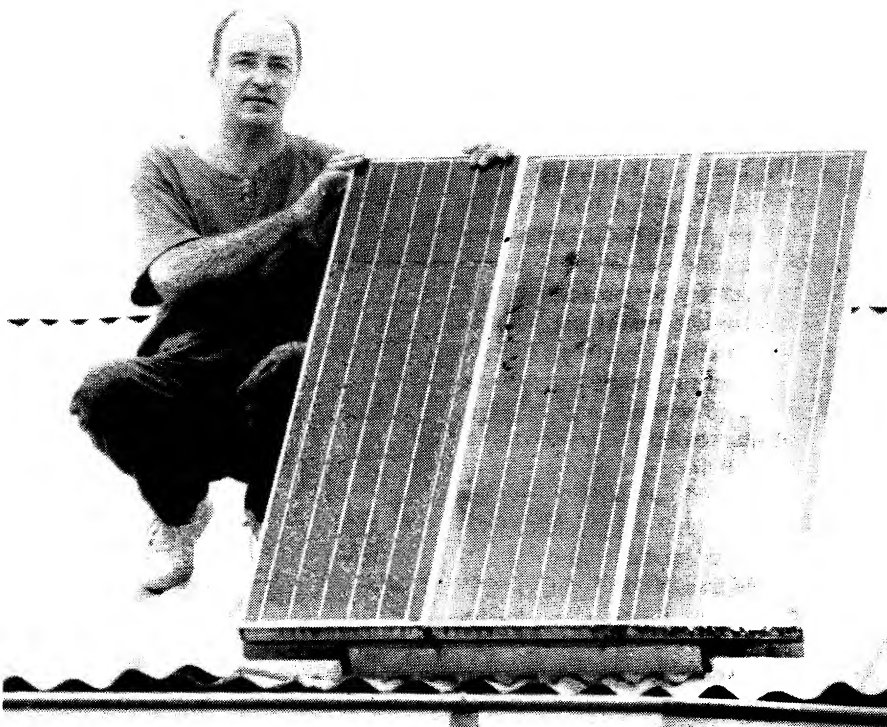
My new neighbours installed a 2.5 diesel generator and a 24 volt system before they changed to SEC. They lived in a rock house with large rooms whereas small rooms and light walls are important for lighting efficiency.

When I enquired about wind power, most retailers were reluctant to sell to me as they said there were working components that can need replacing and they did not want to be trapped servicing a system two hours from Melbourne. When I discussed solar power every story I heard was different as to the system to meet my needs and, having no expertise on the matter, I merely became confused! Over a couple of years I accumulated a pile of literature, estimates and quotes. Slowly a concept emerged. Solar with generator backup was the most efficient way to go and, wonder of wonders, the ideal generator was already there – a diesel: cheap to run, reliable, clean. For 40 years huge Lister diesel generators were used at Wilsons Promontory, virtually without mishap.

My next stroke of luck was a new neighbour, John, who is an electrical craftsman. Although not used to assembling systems himself he designs mainstream power systems for a living and was delighted at the challenge of creating an efficient economic alternative power system.

Over a few days he did what I had been unable to do in a couple of years! Over the next few weeks he not only designed a system from an estimate of my power needs, but did the buying and installed it. That was five years ago. The system was calculated on the use of eight lights for five hours a day for three days without any recharging whatsoever. I have 3 x 75 watt panels, 6 x 2 volt ex-telecom batteries, a 350 watt inverter and a junction box assembled from bits found lying around his house.

Everything operates on 240 volts and I use a 35 centimetre colour TV, radio/stereo, juice extractor, electric beaters, all off the solar system, and occasionally power tools under 350 watts for short periods. High wattage electrical appliances are often more economically used



John, Anne's neighbour and designer of her system, beside the 3x75 watt solar panels he installed. They're angled for maximum efficiency all year.

off the generator if run for more than a short burst. Vacuuming (although I'm a whizz with a broom), the washing machine, the iron and the water pump all work from the generator, though the water pump could work off the solar.

Ten months of the year the generator is run for about four hours maximum per week. The other two months backup power is sometimes needed for lighting in the evening after a stretch of cold wintery days.

The high south-west verandah is my tumble dryer. There is solar/gas hot water, recently changed from solar/wood for convenience and that extra bit of steam! I've banned bar heaters, hair dryers, curling wands, electric frypans, toasters etc and no one misses them.

It has taken a while for everything to come together, and still a bit of wind power might solve the winter power deficiency. I don't get electricity bills. Even if I totally renew my system every 10 years over the next forty years I'm still ahead financially.

I guess what I'm trying to say to Doug Marsden and others is that solar power can work for you, but some lifestyles and areas are more suited to it than others – a bit of sunshine helps. From my experience it also helps to be able to tap into someone with the skills and knowledge who is able to think

creatively about your needs (and who perhaps has no vested interest in the outcome). My system was about half the size of most estimates I received.

Sometimes I think about chucking it in and retreating to 'crowded normality' as different things are important to me now than even a few years ago, but juggling what is important and less important seems a trick of the mind. In the meantime others can listen to my diesel generator hum occasionally and if they're smart no one will build too close – the geese are double assurance of this.

John is available on a consulting basis to help others avoid the pitfalls of high costs and systems which overreach or do not meet power needs. He can be contacted on 056-871-206. Any correspondence to Anne can be directed to GR.

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ECO NEWS

IRRIGATION WATER AN ENVIRONMENTAL HAZARD

A CSIRO study using a range of testing techniques has found that some pesticides commonly used on irrigation crops take significantly longer to break down than has previously been thought. Drainage water from an irrigation area sampled in 1991 and 1993 found molinate and atrazine exceeded water quality guidelines for most of the testing period. Pulses of chlorpyrifos and malathion up to 1000 times higher than guidelines for ecosystem protection occurred in both years.

Water samples collected at a distance from this drainage water – in larger surface drains, rivers and creeks – on several occasions had pesticide levels above environmental guidelines.

A taskforce is investigating ways of reducing the volume and contamination of drainage water. Possibilities under investigation are: retaining water on site for longer, recirculating it, diluting with uncontaminated water, diversion to off-site storages.

Information from *Rural Research*, Spring '95, a CSIRO quarterly. Subscription is \$22. Contact: Rural Research, PO Box 89, East Melbourne 3002.

NATIONAL SALINITY CONTROL WORKSHOP

Albany, WA, is to be the venue for the fourth workshop on Rehabilitation and Productive Use of Saline Land. The main focus will be on how to best use saline land to ensure profitability and productivity. This includes the use of salt-tolerant trees, shrubs and pastures. A secondary focus will be consideration of environmental uses for unproductive land, such as for wildlife habitat or bush corridors.

Held from 25-29 March '96, workshop registration of \$200 includes tours. For more information contact Steve Porritt on 098-420-500.

SUSTAINABLE FARMING REDUCES GREENHOUSE GAS

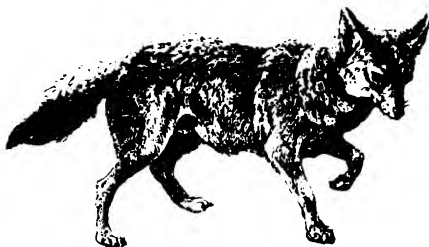
About 50 percent of the carbon that originally existed in agricultural soils has been lost as a result of farming operations. Land degradation and vegetation clearance lead to loss of organic

matter and carbon being transferred from the soil to the atmosphere as carbon dioxide – a major greenhouse gas.

The practice of sustainable farming, by returning organic matter to the soil and revegetating marginal land, will return carbon from the atmosphere to the soil, thus reducing land degradation and greenhouse gases at the same time. Another plus for organic farmers and gardeners.

SKIN CANCER PROTECTION

Researchers at the University of Sydney have found that cinnamate, the most widely used sunscreen ingredient, provides more limited protection against skin cancer than has previously been claimed. It is still better to use it than not to use it, but don't rely too heavily on it for cancer protection. Stay out of the sun as much as possible in the middle of the day, cover up and wear a hat as well.



FOX BIRTH CONTROL

In rural areas there may be up to 12 foxes per square kilometre. The Australian Nature Conservation Agency names foxes as one of our most devastating pests, responsible for up to 30 percent of lamb deaths and the decline and extinction of native animal species.

It has been recognised that all levels of governmental authorities throughout Australia need to adopt a more co-ordinated approach to fox control. As fox numbers are closely related to rabbit numbers an integrated approach would achieve best results.

Currently being developed is an immuno-contraceptive which would initially be spread by means of baits. The contraceptive could then be spread throughout the population by a virus. Long-term research is needed to accurately gauge the viability, and safety to other species, of this control method. A similar programme is already being tri-

alled for rabbits.

At present, poisoning with buried baits containing 1080 is considered by some to be the most humane method, though it does pose a threat to domestic dogs and anyone who has seen a dog die of 1080 poisoning must question the use of the word 'humane' in this context. Poisoning with cyanide is also effective, but poses a threat to other wildlife, pets and humans.

WARTS AND ALL

There is more to the warty skin of the cane toad than meets the eye. For thousands of years cane toad skins have been used in Asian medicine. A Queensland company, in fact, exports cane toads (*Bufo marinus*) to China where they are used medicinally for pain relief, as a diuretic, and in treating weak hearts.

Recent Australian research indicates that a component in the toad's skin can strengthen the action of the heart. Research is continuing into isolating the substance which acts on the heart and into analgesic and other possible beneficial properties of cane toad skin. More work is needed before any cane toad products will be available for human use in Australia, especially in view of the cane toad's notorious poisonous exudation.

UNLEADED PETROL CAUTION

There is growing debate about the possible dangers, both health and environmental, of unleaded petrol. Some sources are claiming that the aromatics which have replaced the lead (Dimethylbenzene, Mesitylene, Toluene, Xylene and Benzene) pose a greater danger than lead, all of them being carcinogenic and linked with leukaemia and other cancer related illnesses.

Whatever the truth of the matter it makes sense to follow some simple precautions to minimise your own personal risk. These include not using unleaded fuel in a car not fitted with a catalytic converter; not using it in mowers, chainsaws, whipper snippers or outboard motors; not cleaning parts in it; avoiding skin contact and fumes; and, not allowing anyone near the exhaust system, particularly when it is cold as the catalytic converter will not be working.

Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

COMMERCIAL DOG FOOD

At last some evidence to support what most of us GR readers know – that convenience foods are not good for you or your pet. I noticed in the Melbourne *Sun* 2/10/95 a short piece saying that an Australian vet has made waves in the UK with his theories in the book *Give the Dog a Bone*. The vet, a Dr Ian Billingham, spent 10 years studying links between diet and disease and is quoted as saying, '... that dogs fed solely on commercially prepared dog food have their healthy lifespan cut by as much as a third'. The news item also says Dr Billingham claims dogs that eat a total diet of commercial pet food die up to five years earlier than dogs fed bones and ordinary food (whatever that is!). Commercial food is also said to be responsible for behaviour problems, skin conditions, unhealthy gums and breeding difficulties. I'm sure Pat Coleby must have had a chuckle when she read this – as well as many people committed to natural health.

Edward Beckett,
SEAFORD 3198.

'Give Your Dog a Bone' is available for \$20 plus \$5 p&h from: PO Box 703, LITHGOW 2790. Ph: 063-522-824.

FOX CONTROL

I found the best way to keep poultry safe from predators is to construct a pen as follows. Start by totally enclosing the area with chicken wire, that includes the top. On the ground outside the pen lay chicken wire from the walls to 60 cm out and peg down securely. Chooks are early risers and curious birds so they will go up to the fence to inspect any animal who comes close early in the morning, that is when a fox will grab a chook through the wire by the head or breast either killing or maiming the bird. To overcome this place bird wire or shade cloth around the bottom, 90 cm up and pin the fence.

We live in an area with a lot of foxes and eagles and I've not lost a bird yet with the pen constructed as above.

Mary Matthews,
JARRAHDALE 6203.

POUR-ON INSECTICIDES

I have a warning to pass on about pour-on lice treatment. My friend used a proprietary treatment designed for cattle on her donkeys and where it ran along the animals' backs the hair has fallen out. As it is a year later there seems no possibility of regrowth. Obviously, pour-on treatments for lice and similar are specifically designed for cattle. Owners of other species using these insecticides should be very wary of accompanying side effects. We now use an insecticide for horses and have encountered no problems with it and are feeding supplementary sulphur in an effort to create a healthier, pest resistant animal.

Jenny Dunn,
ORANGE 2800.

RUBBISH DANGERS

This is just a reminder to GR readers to be very careful with leaving rubbish around where livestock graze. We recently lost a young heifer that found a large, soft plastic bag, swallowed it and consequently died. The vet said it had formed a ball and blocked off a section of the digestive system. He also mentioned that deer were very susceptible to chewing plastic, a practice which is fatal to them. We hope other readers will learn from this sad accident.

Tessa Gerrish,
ADELAIDE HILLS.

GUINEA PROBLEMS

We were troubled the other year with a problem with our guinea fowl and sought advice from GR. The problem occurred several weeks after hatching, symptoms being gaping and shortness of breath. The keels gradually lost condition and died. Well, we haven't solved it after garlic/herbal, homemade mash treatment, analysis of lungs by Ag Department laboratories, specific antibiotics, etc. This last year due to mistaken culling of the females, we only had a small hatching but still some keels succumbed and others didn't. It is a mystery. We aren't financially dependant upon them, fortunately. We were initially recommended guineas to control our wingless grasshopper plague, which had stripped

everything including the bark on small branches of the fruit trees. They did the job in a few weeks flat and were keen to move into the paddocks. Thanks for your previous help and concern.

O F

BATHURST 2795.

All we can suggest is you try and build up a picture of events and pinpoint suspicious or repetitious factors which could lead you to solving this tricky problem.

EARTHWORMS ON MIGRATION

I have four moulded plastic compost bins, two in the shade of a fence and two in full sunshine. In all situations I find worms migrate up the moist walls inside the bin and under the lid instead of doing the job they're paid to do. (Digest my solid wastes.) I can put a stop to this by removing the lid permanently, but then predators can get in! I've talked to at least twelve other householders this year to compare notes and this is a phenomenon we all suffer. Any ideas from an expert?

Also, are the worms in ordinary garden/lawn soils suitable for the compost bin?

David Stephen
TAROONA 7053.

Earthworms are not meant to breed in a compost bin. If the material is composting properly, the temperature will get too high for them. You need a bin especially designed for worms, not compost. See GRs 91, 110 & 111.

WORM WATER

When using tap water to moisten your worm farm, let it stand for 24 hours first so the chlorine evaporates.



THE WILDERNESS SOCIETY

FREE
Green Gifts Catalogue
Just ring 1800 035 354

FEEDBACK LINK-UP FEEDBACK

Dear GR,

We are desperate for a **GAS FREEZER** – new or used – as Arcticold has discontinued theirs. We would like it to be in good condition of course.

To Kathy Foulkes: Unfortunately it is not only the environment that has to be considered with **NAPPIES**, both my kids had major skin problems so I finally gave up and used disposables. For **COLDSORES**, Virasolve (from Parkes-Davis) is effective.

To Ian Rhodes and Audrey Critchlow: My husband hopes to finish our house by Christmas – we will then be dependent on **SOLAR POWER** (with generator back-up), with wood and gas for heating, cooking and fridge. The solar system can cope with most electrical 'essentials', but toasters, sandwich makers etc use too much power. Our system has 6 x 64W panels, and 20 batteries. Our house is about 30 squares, all on one level, with concrete slab floor. All external, and some internal, walls are made from mud and cement, poured into metal formwork which was raised for each layer to be poured. We would be pleased to show anyone interested. We are using earth-based Grimes Colourcoat paint in Iceberg and Mudstone. The Ice goes on okay but the Mudstone is patchy so Tony mixed them three parts ice to one part mud which looks better. It has a very flat look, with some grittiness like sand in it.

To John Danecki: Be sure to visit Coles Bay, on Freycinet Peninsula, on the east coast of Tasmania.

To Fiona Allen: The WA museum is promoting the breeding of **BUTTERFLIES** and may be able to help you.

To Kate Marshman: If your little darling does actually sleep during the day you should learn to catnap then too. If meal times are also a problem, try giving fingerfoods through the day, instead of sit-down meals.

To fellow-sufferer Bill Atkinson: I have had **ACNE ROSEACEA** for 28 years and only in the last year have learnt how to improve it without heavy drugs like tetracyclin. I have given up tea because of the tannin. I use tea tree oil skin wash and a sorbolene lotion, instead of any soap on my face. Neo Medrol (prescription only) is a lotion, very good for cooling the blood vessels. I use it and Elle Bache Intex No 2 daily. Only yesterday I read that vitamin B2 supplement can be beneficial. Also vitamins C and E both help with healing, plus possibly pantothenic acid. Also Inderal (cheap version Deralin) tablets help reduce the flushing, and evening primrose oil is beneficial.



Jo McRae,
COLES BAY 7215.

Dear Grass Roots,

I would like to say thanks for a superb magazine. I don't know what kept me from finding it, until a close friend pointed me in the direction. I'm a greenie at heart, I recycle as much as possible, grow my own vegies (naturally), am vegetarian and have a strong dislike for plastic. My problem however is this – I have just purchased a horse, and would like to ask all other grassrooters for any and all natural and green remedies for all types of problems I may encounter with my new love of my life. She is in poor condition and in need of lots of TLC, so if anybody has an ounce of info please write. All letters will be answered.

Mrs Angela Dixon,
PO Box 55, GLENCOE 5291.

A copy of Pat Coleby's 'Natural Horse Care' will be invaluable for you. We are working on a new, updated edition at the moment, but there are still a few copies of the present (1992) edition available. \$14.45 including postage.

Dear GR,

Tonight, as on many other occasions, I decided to while away some time flicking through past GR issues and therefore felt compelled to contribute. We are four, myself, partner Andy, and Bonnie 10, and Alan 8, we live on a quarter-acre in a tiny town in Victoria called Tyers. We are doing all we can to be GR-type people. Given our restrictions, we grow our own vegies, and make our own laundry detergent and spray 'n' wipe; we make dog food for Kyrie and recycle everything we can. We're sort of newly weds (but not wed) so we have a long life and

many dreams left to live. Through the GR network we don't feel quite so alienated as we otherwise could, being these weird alternative types, it's nice to know we're not alone!

Does anyone know of an eco-friendly way to **MELT PLASTIC** (ie fumeless). Andy has a notion he'd like to try making bricks from bottles.

Thanks again GR for a most enlightening magazine, a good friend.

Ann Marie Parker,
4 Walhalla Rd, TYERS 3844.

Dear Grass Roots Editors,

Would you please give my thanks to the eight readers who responded to my wish for information about **QUANDONG SEEDS**. I had answers from NSW, WA, SA and Canberra. If anyone wishes to purchase seeds here are two addresses: Ruth Anderson, Cooyerdoo Station, Iron Knob, SA 5601. Ms A Cooper, CSIRO Division of Quandong Research, Hartley Grove, Urrbrae, SA 5064.

Doris Ward,
PO Box 1, LABRADOR 4215.

Dear GR Readers,

Could anyone help me with the following please. A recipe for a hard tasty cheese like the old 'Cracker Barrel' type.

Does anyone know how Milo is made or what the ingredients are?

Margaret Hile,
Box 207, Post Office, GIN GIN 4671.



Dear GR,

I'm looking for info on where to buy: **ENID GILCHRIST PAT-TERN BOOKS** from babies to adults, a recipe for **OLD-FASHIONED COUGH CAKES**, also a sewing machine book for a **TREADLE SEWING MACHINE** that tells you how to use the different feet.

Lyn Cannon,
74 South West Hwy, YARLOOP 6218.

Dear GR Readers,

I am married with a 1½ year old daughter and another due early May so consequently I don't have a great deal of time or energy to spare. As we rent a house at the moment all my great ideas have to be small-time and cheap, but I have plenty of space to try things out. If there is anyone who is willing to write to me to help me get started and keep going it would be greatly appreciated. I just feel that given the present circumstances I will need some encouragement or it will not be worth even starting. I am just looking for advice/written encouragement to **GET MY GARDEN INTO SHAPE** and keep it that way. Also if there is anyone in the lower south coast of South Australia who knows where I can get hold of some old/rotten straw/hay that I can use for mulch it would be much appreciated.



Katrina Hutchesson,
PO Box 122, PENOLA 5277.

Dear GR Readers,

As a practicing masseur for nine years I would like to remind readers of the **BENEFITS TO BE OBTAINED FROM MASSAGE**. So many build up tensions in their everyday style of living, with an incorrect diet, smoking, excess coffee and alcohol drinking causing toxins to build up in the body. Exercise is needed to work these muscles and assist the lymphatic system to remove toxins.

Having attended a Reiki I (Life Energy Renewal) course in April 1994, then the Reiki II Course in September 1994, I cannot speak too highly of the benefits to be gained in Reiki treatments, not only to give but also received, and as a group to share.

As a naturist who enjoys the outdoors and sunshine and with my healing ways I often have people feeling as if they are on cloud nine.

I would be interested in hearing from other healers to attend confests and share ideas for the wellbeing of all with some nice music we can enjoy being part of the universal life force and forget the gloom and doom that is around us.

Joe Walker,
PO Box 6355, ACACIA RIDGE DELIVERY CENTRE 4110.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

I have just been given the opportunity to put my talents to the art of **LEATHERCRAFT**. Although my knowledge and experience is little and the range of tools I possess is basic, my urge to create is great.

I would be so grateful for any help from you, be it ideas, methods, old books, design, patterns, anything you may not need any more can only help better my skill. Due to my present status – prisoner – a craft such as this will help me kick some goals in life and the future.



Patrick Guy,

Division J, PO Box 114, COBURG 3058.

Dear GR People,

If the lady with the **LEECH PROBLEM** would care to write to me I would provide some useful information on controlling them, the suggestions offered may help but will not eradicate them. The identification of the species concerned will determine the correct control measure. Anyone wishing to reply is welcome to do so.

Does anyone have some **RED CEDAR SEEDS** and tips on germination? I would be most grateful as I have had no success so far.

Thomas Davidson,

'Thundergully'. McGills Rd, KUNGALA 2461.

Hi Everyone,

I've got a query that I hope someone might be able to help me with concerning **LONG DROP TOILETS**. We'll be heading out camping now that we're heading towards spring and summer. A problem we often come up against is the good old long drop and the smell and flies associated with them. Does anyone know of any solutions to either? I've thought of adding a few drops of essential oil to the timber of the building itself, or a pot pourri sachet or two. Would adding a pot plant help? Is there anything that can be added to the loo itself that would help? If I add oils etc, what ones would deter the flies? I hope someone can help us out with our little aroma problem. It'd make our camping trips so much nicer. Thanks for a great magazine.

Cheryl McKay,

1 Christopher Close, PAKENHAM 3810.

Dear Editor,

I haven't written to you for years. My husband saw a garden show last night on TV. Although the **STINGING NETTLE** was reported on the show as a poison, it is recognised as my husband said for good agriculture as a pesticide and steriliser and as a blood cleaner as a tea to improve and cleanse the prostate gland, but in tea the stings have to be strained and not swallowed.

In this letter I'd like to give you a remedy for bronchitis and TB that my mother discovered when she had a spot on the lung – TB as diagnosed by a doctor she had gone to. He recommended she go to the mountains for good air, she was pregnant with me.

She thought smelling camphor helped her in her breathing and she wandered on her bushwalking excursions even at night where she saw many fireflies. She was cured of TB, possibly from that, so she gave us when we were children camphor cubes contained in little bags she made us with thin string or hanging from cotton around our necks. She said that warded off the coughs and colds. Hope you, by presenting this in GR, give my mother, Catherine Mooney Sansom due recognition for this lovely work in caring love for children.

Lana Kuhn,

9 Blanch St, BOAT HARBOUR 2301.

Dear GR,

I have been a dedicated reader of this wonderful magazine ever since my brother gave me a copy to read when I was propped up in hospital after a motorbike accident in 1983. I think it supplies a lifeline for all those people struggling to achieve that common goal of a small patch of land and a GR lifestyle.

Hopefully, if all goes well, I plan to set off on my around Australia trip in February '96 and what has prompted me to write is that like Carole Hobbs (GR 108), I have this deep down desire to head straight down to **TASMANIA**. I am not sure what has created this attraction, I think it

must be the way the brochures portray the vast wilderness and mountainous regions.

Anyhow, if there are any folk down that way who would like a hand with any sort of work in exchange for some basic keep, I would be willing. I would also love to hear from anyone with tips on their around OZ trip, it would be greatly appreciated.

Dennis Blate,

Lot 6 Glenreagh Rd, BRAUNSTONE 2460.

GR 82 contained a very useful article about travelling around Australia on a budget.

Dear GR Readers,

Thank you Megg and staff for an excellent magazine and thank you also to all contributors who help to make it so interesting. I am compiling a list of animal/bird/insect and plant signs which **PREDICT WEATHER CHANGES**. There are common signs such as frogs croaking, which herald rain, but there must be hundreds of other signs in all parts of Australia which forecast the weather.

An interesting fact was told to me by a chap from Europe who said a lot of families used to have a 'weather frog', which lived in the house with them. These frogs were spot on in forecasting the weather. In fact, during the early days of television broadcasting in Europe, some of the TV stations had their own 'weather frog'. After presenting the official forecast from the Bureau of Meteorology, they would then show the 'weather frog' and, believe it or not, the frog was the more reliable weather forecaster.

I would appreciate hearing from everyone with any knowledge and/or experience of weather forecasting signs, including older folk in our communities who may have depended on these signs as the only form of weather forecasting.

Glenda John,

PMB 4, RAINBOW BEACH 4581.

Sounds fascinating Glenda. We'd love to be kept informed of any useful responses you receive.

Dear Grass Roots,

I would like to know if anyone can help me with our **CHINESE RAISIN TREE**. We have had it now for approximately four to five years, and all it is doing is growing upwards, and not doing anything else. In GR 107, a reader mentioned that she purchased a book on the application of the neem tree, called *Bostid*. I would like to know where I can purchase this book.



Suzanne Shapland,

MS 937, ROSEDALE 4674.

We think *Bostid* is the name of the publisher. For books on neem contact Granny Smith's Bookshop, PO Box 27, Subiaco 6008. Ph: 09-385-3400.

Dear Editor,

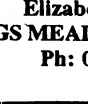
I would like through your pages to find any past students of **MERRIST WOOD**, which is Surrey's Agricultural College in the UK. A number of students in the 1960s and 70s emigrated and farm all over Australia now.

I am here with my family for a year and it would be brilliant to catch up with some old friends. We had a reunion at Merrist Wood around 1980/81 for years 65/66 and contacted and re-established friendships by letter. I unfortunately have lost the names and addresses I had. There is I believe a flourishing network of 'old Woodpeckers' (past Merrist Wood students) in Australia. I have blanketed Tasmania already and would now like to find those I have lost touch with on the mainland.

Elizabeth Sheehan,

8 Chifley St, KINGS MEADOWS 7249.

Ph: 003-445-415.



Hi Folk,

I'm interested in making **MEAD** so if anyone has any good recipes or hints, all will be appreciated.

Leigh Winter,

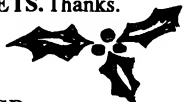
5A Grose St, RICHMOND 2753.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

Thanks for a great magazine. I find it very interesting, informative and most of all inspiring. We are moving soon to 40 acres of beautiful Tasmanian forest and look forward to living a simple, peaceful and healthy lifestyle and the challenge of building our own home.

We are very interested in the LETSystems and would like to become involved. Can anyone help us with information or a contact number for **LETS IN TASMANIA**? Also any information about **COMPOSTING TOILETS**. Thanks.



**Jill Pulleine/David Laucirica,
20 Mt Gambler Rd, MILLICENT 5280.**

Dear GR,

Many thanks to Gail Neville of Forest Hill, Qld. Your comment on using **FERMEX** to make bread was a top tip. For months I have been struggling to make good bread with what I thought was a good bread yeast. Then I tried FERMEX, and later on Mauripan (made in Australia). What a fantastic result! Bread that rises higher than the tin, full of lovely holes, great taste, and best of all – the bread and rolls do not last half as long as the older style – they're gobbled up with glee. Thanks, Gail.

If you want some **RAPID GROWTH** from your new fruit trees, try this idea. I planted alfalfa (lucerne) around my new trees, initially to have some alfalfa to make tea. But after a few years I noticed that my trees grew very fast but not with much fruit. Then I learned that too much nitrogen can accelerate growth at the expense of fruit. So I pulled out the alfalfa from around the trees to let them grow slower and hopefully produce more fruit. So if you want to get that permaculture canopy going faster than normal, try some alfalfa around your trees. Now I grow alfalfa all over for use as mulching.

**Robert Millet,
PO Box 853, KALGOORLIE 6430.**

Dear Grassroots,

We are thinking of investing in **ALPACAS** and by writing to the magazine I hope to reach someone who has done the same thing. I would love to hear from anyone who has alpacas, and hear about their experiences, good and bad. Our main worry, apart from finding the money to get started, is how easy it will be to sell stock in the future when we've bred our own. I'm a spinner so I can use the wool, though eventually we'd need more than a cottage industry outlet for that. I've joined the Australian Alpaca Association too. There is a lack of information and books available on the subject. At the moment my husband and I are just travelling around talking to as many owners as possible and seeing the animals.

So if anyone out there would like to write with their experiences of buying, selling, and farming alpacas, we would be happy to hear from you.



**Judith McRae,
PO Box 65, DARDANUP 6236.**

Hi to all GR staff and readers,

I'm hooked on your magazine so much that I'm busy buying up **BACK COPIES**. I'm also after *Earth Garden* copies. I need: GR Nos 2-23, 25-32, 41, 47-52, 54, 56-57, 61-66, 69, 72, 75, 78-79, 81, 96-97. *Earth Garden* Nos 1-17, 19-27, 29-42, 45, 47-48, 50-52, 56, 61-72, 74, 77. I am also hoping someone can sell me a copy of *Earthworm Breeding for Profit* by David Lambert, in print about 10 years ago but I cannot find it now!

I wish your magazine was once a month – I suffer withdrawal symptoms when I don't have a new one to read!

**Geraldene Dennis,
'Leura Homestead', Lot 1, Brookland Rd,
UNDULLAH via Beaudesert 4285.
Ph: 075-431-624.**

Dear Grass Roots,

I am searching for any information about windmills (water pumping): operating manuals, books, brochures, technical data etc. I am

particularly interested in any information on the **EUREKA BRAND OF WINDMILLS** manufactured in Essendon, Victoria, quite some years ago as I am currently trying to restore one.



**Andrew Marciniak,
PO Box 795, KYNETON 3444.**

Dear GR Readers,

Hi, Isn't it great to have a wonderful magazine like this to enjoy, learn from and to inspire us? It's great too to know that there are so many like-minded people out there. If anyone in my general area would like to get in contact with me for a chat or to swap cuttings, recipes etc, I would love to hear from you. I am also chasing some information on **NEW HAMPSHIRE HENS**. They are lovely to look at and from the little I know of them sound like a good multi-purpose breed.

**Ruth Watson,
29 Libau Ave, BELL PARK 3215.**

Dear GR Folk,

Please help as the health store cannot. I am after organic or backyard **NUTS, SEEDS AND FRUIT** to barter or pay cash, any quantities, prefer in shell. I am near Gosford not far off the freeway, if you go to Sydney etc. I have lots of organic vegies or you could post. Just call if you're not sure. Very small, heaps, or odd stuff.

**John Saga,
11 Nalkarl Ave, WYOMING 2250.
Ph: 043-282-655.**

Dear GR Readers,

Is there anyone in NSW who raises **PLAIN SHOD TENNESSEE WALKING HORSES**? We have one of these horses, which is bred to foal next May, and would like to know if they are available in NSW as we are moving there within the next few years.

**Wayne & Willa Laxdale,
R R 8, Box 17 Dick Rd,
Quesnel BC V2J 5E6, CANADA.**



Dear Grass Roots,

I am interested in organic foods and vegetables and self-sufficiency. I am an older citizen who enjoys applique, knitting, patchwork and other crafts. I would like to **CONTACT PEOPLE** in a like-minded community or area. Does anyone have any tips for a cold sore and candida?

**Catherine H,
C/- PO Box 242, EUROA 3666.**

Dear GR People,

Well, my little family (myself and 2 children) have recently made the gigantic move from **COUNTRY TO CITY**. What!? you say. Having been raised on the very touristy central coast of NSW we have packed up and moved north. We left family and friends behind, along with the millions of tourists who descend on the place every sunny day, and moved to a very pretty and quiet bayside suburb of Brisbane. So far we have not regretted our move. We are enjoying the cultural elements of the city and find that a lot of entertainment in the Brisbane area is free, as opposed to that in an area whose main income is the tourist dollar.

I have yet to meet any GR people in our area with whom we can share common interests. I love to grow things, anything, and I am already harvesting from my little vegie garden. I believe that our children should be raised with love and respect for our natural environment and I try to lead by example. I like bushwalking, observing nature and living as healthy a life as possible. I would like to meet other single mums, dads, or couples with children who share my ideals, to help us explore our new environment. As I have no family and only acquaintances in the area I find I am lacking adult contact and conversation. Reading GR fills a big gap here. If there are any families who share my beliefs please contact me on 07-3348-6953. PS I am not into religion or astrology.

Kerryn.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Rooters,

It's ages since last I wrote but now find the time to do so. I've found a lovely little old cottage to rent cheaply, so cheaply in fact that I'm having to deal with eons of neglect. If the next time I visit the local hardware shop the chap tells me to use Jiff I will scream. Even sugar soap didn't work on the grease stains on the kitchen wall which I will be painting when finances allow. Thank heavens I do have a part-time job, as finances are at a very low ebb right now.

Next month I will be doing a course with Skillshare: Care of the Aged and Disabled. I expect to do very well and later to get an excellent job which does pay very well. I'll get my Japanese Bobtail cats yet! This is the main reason I'm writing – when I do get this work I will need someone to be here to animal watch, do a bit of gardening and generally keep an eye on the place. The work may entail my sleeping over. I have a spare bedroom and can offer it at very low rent, share expenses and you guarantee not to make a pass at me because I assure all and sundry that I am not interested.

Do hope to hear from someone, single or a couple who must be animal lovers. Own cats, dogs acceptable, but please keep in mind the socialisation. Do hope to hear from someone, best of luck to all battling in the bush.

Pat Lever,

77 Peninsula Rd, MAYLANDS, 6051.

Dear GRs,

Good day to you all. Here in Coffs Harbour we are growing an edible garden, also herbal and medicinal. We love hens and hope soon to have snails and GUINEA PIGS. Can anyone please tell us how to process (kill and dress) guinea pigs, for home consumption and where to obtain some laaarge ones?

M & R Daniell,

PO Box 877, COFFS HARBOUR 2450.

Dear Grass Roots,

We live on a beef cattle station, 50 km from the nearest town and there are EMU APPLE TREES everywhere. I would like to make use of the fruit. Can anyone send me a recipe for emu apple jam/jelly and also prickly pear jam/jelly?

Gaye Nicholls,

MS 1855, THEODORE 4719.

Hello to all,

Two years ago we were loaned some GR magazines – what a wonderful surprise – how much we have learned. We now subscribe, but have not returned loaned books as yet. They are continually used for reference (sorry Margaret).

We have owned our block for three years now and finally moved in January. I am being educated as to the ways of a dry but warm climate. Vegetable garden was a disaster, the land didn't help much – too sandy! We are thinking hydroponics. We have acquired two calves – the Jersey is fat – a big bloated belly but has been wormed. One chicken laid an egg with a half developed chick. Why us? We are novices at this, however we continue.

Only one son at home now. He is 13 and was born in the USA, used to concrete jungles, not the real bush and is adapting rather well.

Any suggestions on our problems (I'm sure we will come up with more.) will be greatly appreciated. The library is a good source but at \$30 membership for one season and a five book limit, we don't glean much help, especially when our visits to town are every three weeks and Cameron has continual ongoing projects and assignments requiring books.

Suzanne Jackson,

Lot 58 Tablelands Rd, ROSEDALE 4674.

Ph: 071-569-386.

Hi GR Readers,

Help, help, help. My kids won't go outside our place barefoot as we have been inundated with STINGING NETTLES. Does anyone know an earth friendly way to get rid of them. I'm desperate and I'm seriously considering poison. Yuk!

Also, we have bought ourselves a lovely dairy goat, and I'm looking forward to the challenging task of learning to milk her in spring. Any hints or recipes for GOATS' MILK CHEESE would be appreciated. Please write to my address and I will send you a thank you and a stamp.

Aussie and I will be selling our small farm in spring so that we can owner-build a mud brick house with a STAND-ALONE POWER SYSTEM, hopefully solar/hydro combination. Anyone who has been there and done that and would care to share their experiences, both good and bad, please write as I'm trying to do as much research as I can before we take the plunge.

One last thing. In nine years I've never known my man Aussie to read anything but Saturday morning classifieds and motorbike manuals. I used to read the best of GR to him. Now I don't have to. He reads it himself. Amazing! Thanks everyone.

Debbie, Aussie and kids,

RMB 1860 Gooramadda Rd, RUTHERGLEN 3685,

What's wrong with the children wearing shoes outside? Nettles are beneficial medicinally and in cooking. They're also good for the soil so where you really don't want them, cover them with newspaper or cardboard and they'll fertilise the soil as they decompose. Also, feed them to your goat, she'll probably love them.

Dear Grass Roots,

I am wondering if any of the readers could help me find a solution to a tree problem. I have a 30 year old CAROB TREE in my backyard. My old lady neighbour complains that it could get into the drain (which it could).

I have already cut down a lilly pilly tree to please her, and I feel that to cut this one down, would ruin my garden, I have only been here a couple of years and the tree is 30 years old.

I'm appealing for ideas, to prune the roots and to save the tree. I am a disability pensioner and cannot afford the commercial answers. Would anyone please write to me as I was a country person before I moved to suburbia and didn't see this problem. I only bought the house because of the trees and birds etc.

Thank you for any letters of advice.

Marilyn Atkinson,

76 Plume St, REDCLIFFE 4020.

Dear Grass Roots,

To Justin Shipley, Chici Sharpe (GR 107) and other interested readers. To make a FLY TRAP: Items required are – 1x2 litre plastic drink bottle, 3x1.25 litre plastic drink bottles, plus string, wire or boot lace for hanging.

Cut three holes approximately 75 mm from bottom of two-litre bottle equal distance around sides of above. Cut top 75 mm of the 3x1.25 litre bottles, this will give you three funnels (discard the three lids and bases). Insert the funnels into the three holes you have cut into the large bottle. For bait use three teaspoons borax (or vegemite), three teaspoons of honey, two cups of water. This takes two days to go off and should be replaced every three to four weeks. Providing you have heat and flies, this trap works really well and you are recycling plastic.

J Miller,

16 English St, REVESBY 2212.



Dear Grass Roots Jam Makers,

I have just made melon, lemon and ginger jam and have heaps of PIE MELON SEEDS. The melons have been grown organically at Torrington on the New England Tableland and look very much like a watermelon. They are very fleshy and make beaut jam. If anyone would like seeds, please send SAE and you could have them in for the spring, and be making jam early next year.

Use the melons for melon and lemon jam, melon and passionfruit, melon and almost any other fruit, or add it to any of your pickles – a great addition.

H Bracewell,

PO Box 6055, MITCHELTON 4053.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

A lot has been written on water quality from the point of view of urban dwellers with regard to water filter systems and the like. Having just moved onto 20 acres and contemplating setting up water tanks for our supply we are faced with a dilemma: Whether to buy a galvanised iron tank which does not have a long life span, or to go for **NEWER VARIETIES OF TANKS** on the market such as poly tanks with a 25 year guarantee.

What do these tanks do to the quality of our drinking water? Does using these tanks to store bore water affect their life expectancy?

Can other readers write to us and steer us in the direction of, or arm us with some clear information concerning, the above issue. We are on a very limited budget so inground cement tanks are out for us.

Avis Kerns,
215 Kyogle Rd, WADEVILLE, 2474.

Dear GR,

Some people have mentioned **GARLIC GROWING**. I grow it by the no-dig system, which saves me cultivating and I can harvest without using a crowbar (I have brick clay soil).

I just mow the old garden, broadcast the garlic cloves and cover them with 15 centimetres of organic material plus a sprinkling of wood ash and lime, and animal droppings. At present I add a half-teaspoon of selenium to each bucket of lime. Garlic is rich in selenium which helps prevent cancer, glaucoma and muscular dystrophy I'm told.

I'd like to say to any New Zealanders, our country is being sold out. More information can be got from the Alliance or the Campaign Against Foreign Control of Aotearoa (CAFCA), Box 2258, Christchurch.

I'm a 45 year old bachelor and would welcome penfriends. I'm keen on permaculture, folk music and green politics.

Lance Bullock,

C/- Dargaville PO, NORTHLAND, New Zealand.



Dear GR Readers,

I am interested in any information and ideas on **RUNNING A CO-OP**. My main interest is a food, job assisting, sharing and support group. Has anyone tried this? I would love to hear from others who are doing this, or have done this. Could you write and share your success or if there are any pitfalls that I should be aware of.

Thanks for a great magazine. I enjoy the readers' letters.

Ros M,
PO Box 186, GOODNA 4300.

Dear Grass Roots,

We have been avid GR readers for three years and now we finally have something to write to you about. We bought our land through your Grassfields section and have made our escape from Sydney suburbia to 300 acres at Bombala. It's great! The dog is especially happy. We (husband Brad, me 5 months pregnant and Saxby the wonderdog) are planning to set up an organic farm and would like to establish a small community/cooperative to operate it.

Our aims are to **ESTABLISH AN ACCREDITED ORGANIC FARM** (producing worthwhile goods such as hemp fibre, tea tree oil or what have you); create a community to work with us on the farm and provide a social atmosphere for ourselves and our children (to be home schooled by committed nurturers), and to be as self-sufficient and happy as possible.

We are seeking single mothers 20-30 years with child three years or younger to live and work with us in a self-sufficient, organic, GR-kind of lifestyle. We're thinking along the lines of a profit sharing, zero rent, zero investment (save labour, care and commitment!), share living expenses kind of arrangement. If any readers fit the bill and are ready for a long-term commitment to their children and improved lifestyle, I'd be happy to reply to any questions/ideas (but please enclose SAE) they might have.

Suzanne Parsons,
PO Box 277, BOMBALA 2632.

Dear GR Readers,

Can anyone please help me with information on miniature pigs. Any information would be much appreciated.

Matthew Allen,
18 Bungo St, EDEN 2551.

See Brian Dogget's article in GR 109.

Dear GR Readers,

I have been trying for the last few months to **LOCATE A BOOK** which is out of print. Tried second-hand book stores and even 'Any book in the English Language' and I haven't had any luck. So I am writing to you hoping that someone out there will have a copy they have finished with, or do not need any more. The name of the book is *How To Grow Fruits and Vegetables By The Organic Method*, by J I Rodale, Rodale Press. I lost this while moving from Tasmania, and as it has been my 'bible' for many years, I am quite lost without it. I realise there are many good Australian books in print, but when I bought this in the early 70s, they were few and far between. Hope someone out there can help.

Jeannie May,
PO Box 170, MILLMERRAN 4357.

Dear GR Folk,

For those like John and Jean (GR 108) who want comfort (mains electricity and water), people but peace, have you been to the **RIVERLAND OF SOUTH AUSTRALIA**?

Livable houses on five or so acres range from \$50,000. The rural area of our town has an independent water scheme, much cheaper than government supply. This is a fruit and vegetable growing area, fruit fly free.

There is seasonal work, sometimes hard, boring and not well paid but it's there. With experience it can become lucrative, but many aren't prepared to try. There's also the bonus of being given the unsaleable, but good, produce.

A LETS scheme was started recently and is becoming strong. There are state and church primary schools and high schools in most towns, all with bus services. There are sporting clubs, spinning, writing, senior citizens, country music, steam train, steam boat, etc, etc. Temperatures range from 14°-40°. Perhaps this could be an alternative to the east coast for those who don't want to start from scratch but haven't pots of money.

'Riverlander',
RENMARK 5341.

Dear Editor,

A friend of mine is having a birthday and he said you can give me anything so long as it is biodegradable. Perhaps your readers might feel the same next Christmas.

CP Skeates,
23 Hartigan Frds, GARRAN 2605.

Dear GR Friends,

I am wondering if some of our GR friends could help me in my quest for **WATSONIA CORMS**. We had them growing when I was a child and as I remember they were white, pink and red.

Dorothy Chisman,
PO Box 269, DUBBO 2830.

Dear GR,

I get *Grass Roots* sent to me. It is a good magazine. It tells of farming in the old days and that is what I like. I live on a farm. We had 180 acres in my early years. We had 150 sheep, 28 milking cows, pigs, ducks, chooks, dogs and cats. We also grew wheat, oats, barley, and field peas. But since then we had a drought so we had to sell two-thirds of the property and all the animals to make way for an air-strip, for my sister wanted to fly aeroplanes. I now grow flowers and take them to the hospital and other places. I also sell badges for the Red Cross and pick up rubbish off the roads. This was done this year. If anyone would like to write to me and tell me all about their farms, letters will be most welcome.

Stan Polley,
751 Lake Rd, CONNEWARRE 3227.

FEEDBACK LINK-UP FEEDBACK

Dear Friends,

We have been noting with interest the community feeling for 'back to the land' pursuits. We are a group of friends in Brisbane who are looking down the track and don't want to end our days in a sanitised Retirement Village. We have many skills, good health and the assets to set up a **COMMUNITY VILLAGE**. Our idea is cluster groups of low cost, low maintenance, solar efficient homes which would be owned by the occupant/s. We would like to build a community hall for meals together, or just to share a cup of tea. This hall could also be used for hobbies, maybe to share your expertise with others. We could hold revenue producing weekend workshops with visiting teachers, eg aromatherapy, calligraphy, computer skills, car maintenance.

We would like to become involved with people outside our community and not remain insular. We are thinking of central to northern NSW and are planning on two to five years to get there. Does anyone else have this ambition? If so, we'd love to hear from you.

Mary, Tony and Norm,
PO Box 16, RED HILL 4059.

Dear GR and Friends,

I am currently living in Sydney with my wife, developing a permaculture garden on our quarter-acre block, though our hearts long to live in a progressive community/commune. Two years ago I was in the USA visiting health focused communities, and stayed at a number of Intentional Communities, which was very rewarding.

Can anyone help us to find out about the **RANGE OF COMMUNITIES** presently existing or being developed in Australia, especially ones which include one or more of the following: a community business; relatively close living quarters; sharing of meals, growing food, child rearing; interested in self development; healing oneself, others, and the world; alternative technologies; permaculture and aquaculture. Please write to us with any useful information, contacts, or communities we can visit.



Karl Baumgartner,
11 Matthews Ave, LANE COVE 2066.

There is a newly released book about Australian Communities which you might find helpful: 'From Utopian Dreaming to Communal Reality', by Bill Metcalf, published by The University of NSW, RRP \$29.95. Phone 02-398-8900 for details.

Dear GR Readers,

We are a family of three and for some reason we moved to the city. Let's just say it was a really dumb thing to do. Now we want to move back to the bush. We would like any information on either the **MTLINEDESAY/MCPHERSON RANGE** or **WALSHPOOL NATIONAL PARK** area. We've never been to these regions so would like to know about schools (primary), weather, environment and prices of rental properties for a 3-4 bedroom house. All help would be much appreciated.

Brenda Evans,
57 Gellibrand Crs, RESERVOIR 3073.

Dear Grass Roots,

I have just moved from town to a rural home. In my yard there is a tree which one neighbour tells me is an apricot and another tells me is a peach. The tree has had no leaves for several years. I am wondering if there is anything I can do to bring this tree back to life. Also I have a shrub with the leaves covered in a black furry film which you can peel off. Can anyone help me with this?

Finally, I have been told of a washing machine which is hand-operated. From what I can gather it is like a barrel turned with a handle. Is there such a thing? If so, where can I find out about it?

I know these queries are a little vague, but I'm new to this and would appreciate any answers fellow readers may have.

Erin Molloy,
15 Coramba St, GLENREAGH 2450.

I don't hold much hope for your apricot or peach tree that has had no leaves for some years. Better to dig or pull it out and replace it. The washing machine you refer to is probably a Wonderwash which we reviewed in our Round The Market Place page in GR 108.

Dear GR and Kim,

Kim Peart asked last issue what culture will we need to be living so we may be able to have an **ECOLOGICALLY SUSTAINABLE SOCIETY**? Basically, we will need to be living the same way other animals do. Naturally! Most significantly this would mean without using fire, metal tools or machinery, or as little or possible in a transition stage. Undoubtedly, the reason no other animal has developed their use is because they are not ecologically sustainable, as we have just discovered. The earth just cannot support eight billion people, going on ten billion, running around lighting their little fires, ploughing up the land, building roads, factories or chemical plants, or using cars, machines or electrical appliances day after day after day!

Green Glue,
PO Box 650, COOKTOWN 4871.

Dear GR and Readers,

We would like to thank you for a great magazine full of fantastic and useful information. We are planning to make the big move to the bush soon, but until then we are putting into practice as much self-sufficiency as possible so that we might be a little prepared.

We have a three and half year old daughter, we are interested in **HOME SCHOOLING** so any and all information outlining all the pros and cons would be greatly appreciated.

We are also interested in making our own **COLD PRESSED OIL** and **STONE GROUND FLOUR** so if anyone has any ideas, opinions or plans for making equipment they too will be greatly appreciated.

Last but not least if anyone has had any success with **FREE ENERGY GENERATORS** or even if you just want to share your ideas or views on the subject we will gladly listen and respond.

If you are one of these people (like us) who find there are just not enough hours in the day to do all that you would like to do then take a word of advice from us; get rid of your television. It sounds harder than it is. We tried it after visiting a mutual friend's house and noticed that they didn't have one. Considering that they have three kids we were amazed. We accomplish more in a week than we did in a year with the TV.



Brett and Kellie Bidwell,
PO Box 226, WALLSEND 2287.

Dear GR,

Thank you so much for publishing my letter asking for information about how to recover from **CHEMICAL EXPOSURE**, in your October/November issue. I have been overwhelmed by the kindness, concern and openness of your readers. I have had letters from every state except NT, mostly from chemically damaged people of all ages and lifestyles, and it was very reassuring to know that I am not alone. I have had wonderful results from their suggestions. I have made a significant recovery already, although there is still a long way to go.

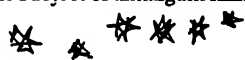
Margaret Prideaux,
3 Haugh Place, OXLEY 2903.

Dear Grass Roots,

My problem area is my skin. Since childhood I have suffered dry, scaly patches on my scalp. My hands become cracked and inflamed regularly. I have found that **PAWPAW OINTMENT** is anti-allergic for my dermatitis. It is excellent for preventing dry lips, too. Unfortunately, this cream becomes expensive when used on a long-term basis. Please write and tell me how to make a nonallergenic cream for dermatitis. How does one use beeswax for ointments? I would love to benefit from your experience.

Please share your secrets of **NATURAL HAIR CARE**. I am frightened to put anything on my sensitive scalp. Yet, I'm sure there are viable natural alternatives.

Would anybody like to share their experience after having **ALMALGAM FILLINGS** removed? Did it bring improvement physically, mentally and spiritually as anticipated? Is there a good book on the subject of amalgam fillings?



'Glen Lee'.
C/- PO Box 242, EUROA 3666.

FEEDBACK LINK-UP FEEDBACK

Dear Readers,

We have recently been placed in a position that allows us to grow most of our own vegetables and herbs. As we are very interested in companion planting and natural remedies for humans, animals, birds, plants etc, we are keen to get started. One of the priorities on our list is garlic.

We are searching for **INFORMATION ON** all aspects of **GARLIC**, including origin, history, mythology, witchery, decoctions, concoctions, recipes, medicinal qualities, propagation, cultivation, harvesting, companion planting, varieties, where to obtain cloves suitable for planting, preserving, drying, storing.

Any funny or interesting stories would also be greatly appreciated. Anything at all!

Would anyone out there know where we can obtain some **SEBRIGHT BANTAMS** or eggs in Queensland to purchase or trade for one of our many varieties?

Lastly, if anyone could offer us any information on vegetables or other plant life that we should avoid feeding to our donkeys, pigs or poultry we would be very grateful.

We would be happy to share any information we receive if anyone enquires. Thanks.



Tiana McGree,
C/- Post Office, **BILOELA 4715.**

Dear GR,

Would there be anyone who could help me? I would like to make some **PAWPAW OINTMENT**, peppermint ointment and comfrey ointment. Any information would be most welcome.

Maureen Schmidt,
42 Valley View Rise, **MOOLOOLAH 4553.**

Dear GR Folks,

Well done Megg and Mary on a terrific job you do. How satisfying it must be when you see another copy ready for publishing.

Does anybody have a **SOLUTION TO BURNS**. I always thought ice/cold water was the way to go, but someone was saying it is not so. Like putting a hot plate in cold water, it sometimes breaks. Cold water on hot skin complete opposite. Makes sense. Maybe you should wait a minute or two for the skin to cool.

We just moved to Kununurra, planning on living for a few years (if you can plan that far ahead). We would love to meet new people and make friends. So feel free.

I'm finding it a touch hard from remoteness – 1000 km Broom, 500 km Katherine. Are there any brochures/price lists that a business could send to me on **LEADLIGHTING**. I'm really interested in this craft and want to get started. Maybe somebody wants to sell their equipment (yes, highly unlikely), or just write and tell me the ins and outs.

A really good book for enviro friendlies is Alan Hayes – *It's So Natural, A-Z of Unbelievable Tips for Anything & Everything*. It's great. Published by Harper Collins. It's taught me a lot of things I can do while living in a tent. And even more when we get promoted to a house.

Nadine Howarth,
C/- Post Office, **KUNUNURRA 6743.**

Dear Megg & Everyone,

Have been reading *Grass Roots* for ages – first time I've written. Left rat race in western Sydney 7½ years ago for north New Zealand area when both our boys were 10 and 12 years old. Have 140 acres of 'Gods' country' which we endeavour to leave that way, while pursuing our main interest of dog breeding/showing. Have diversified into also boarding pets (with council approval), breeding Dexter X Australian Lowline cattle, have the mandatory chooks and horse (he came with us) and keep pigeons for their contributions to our compost and mulch! Also have free ranging peacocks to grace the scenery and greet any B&B guests that stop over. Have solar powered home as no mains power available here, runs normal fridge, too! (We use back-up generator at times for boosting batteries.)

It's been a hard slog with unemployment as companion most years, no background in farming or associated skills (except my 20 odd years vet nursing), but we've proved it can be done, and on a mortgage as well!

With good friends, determination and patience every step of the way! Will write our story for you and readers in the near future and hope to give inspiration to others – the first step takes the most courage!

★ ★ ★
Dianne, Stewart, Paul & Terry,
PO Box 339, **TENTERFIELD 2372.**

Dear GR Readers,

I have just found your magazine, 109, is my first issue. I could not stop reading, it is packed with great information. I have already sent in for a subscription after only one issue. I am looking for homemade recipes of any sort – ginger beer, jams, biscuits etc.

I am now at home looking after my one year old baby – any baby food recipes would be great too. Any tips on growing vegies from seeds without bugs eating them too, as it is my first vegie garden. I am **NEW TO ALL OF THIS GREAT LIFESTYLE**. All letters will be answered. Thanks again for such a wonderful magazine.

Donna Saxton,
87 Ladbury Ave, **PENRITH 2750.**

Dear Hep C Sufferers,

I'm planning to write a book on the **HEPATITIS C VIRUS** and I'd welcome hearing from anyone with the virus who would like to share their story with me. You may remain anonymous if preferred. I'd be particularly interested in hearing from those who have contracted the virus although they are in the 'low risk' category, never having used IV drugs, no tattoos or body piercing, no blood transfusions or blood products. Unlike HIV or Hep B, the Hep C virus is not sexually transferred. Also, has anyone ever been aware of having had blood poisoning, toxic shock syndrome or the golden staph virus? Please let me know how you think you got the virus, when you discovered you had it, how long you think you have had it, and how it has affected your life. Also, if anyone has solid evidence of being 'cured' of Hep C, with pathology results to prove it, whether by traditional or alternative medicine, please write! I'd also welcome hearing from any qualified alternative medicine professionals with any theories or advice on treatment of the Hep C Virus. Once again, all letters received will be kept totally confidential.

'Research',
C/- Box 242, **EUROA 3666.**

Dear GR,

I have been buying GR for some years now, and have tried some of the recipes with great success but I have not been able to buy **RESIN FOR SOAP MAKING**. What is this resin and where can I buy it in Queensland around Bundaberg?



AR Coombes,
Lot 20 Twenty Mile Rd,
via **GIN GIN 4671**

Dear GR Family,

My partner Adam and myself love the magazine. Until one of us has read it from cover to cover it's a very in-demand item. Some lovely GR people gave us a whole heap of their old GRs and we now have quite a few doubled up. So we would like to swap GR 16, 35, 37, 39, 40, 41, 42, 43 (3 spare) 44 and 46 for GR 100 and anything between and including GR 67–97.

We are planning a **WORKING HOLIDAY** between October '95 and March '96 and hope to be travelling around in an old converted truck and are aiming to settle around Mt Tambourine at the end of that time. So if anyone has any cheap rural(ish) land they would like to rent to a couple of reliable GR people and their assorted animals please let us know C/- 33 Gipps St, Montefiores 2820. Adam will be working out of Yatala and we don't want to be too far away from there, but we also don't want to be anywhere near the Pacific Highway.

If anyone would like us to drop in we would love to hear from you, we are thinking of following the fruit picking trail, but we have plenty of other skills and don't mind lending a hand.

Louise & Adam Kirby,
27 Gipps St, **MONTEFIORES 2820.**

FEEDBACK LINK-UP FEEDBACK

Hi There,

I adore EGGPLANTS, but only know two recipes: fried (yum yum) and mousaka. If anyone has a recipe or two, please pass them along. If possible not ones containing tomatoes as I'm bored stupid with tomato recipes. My Malaysian friend told me of 'durians' (probably not spelt right), they taste great and smell terrible. Do we have them in Queensland? If so, where do I get one to try? They are spikey and green. It's not a jackfruit is it?

I've recently moved back to the WYNNUM/MANLY area after eight years absence. If there are any nonreligious, youngish (ie I'm 30) locals who don't want to live in my pocket, but enjoy the odd chat or visit, drop me a line too. I'm starting up a native garden in the backyard and a perfumed pretty garden at the front. It would be nice to know what other locals have had success in growing as I've learnt the hard way. My beautiful fuchsias from NSW die in hot old Queensland.

Before I forget, any spare Bullocks/Ox heart tomato seeds pass them along. Hello to Anna and Dave and Matt and May.

Kathleen,

PO Box 9141, MANLY WEST 4179.

Durian and jackfruit are different plants. The skin of the durian is spikey whereas the jackfruit skin is knobbly.



Hi Everyone,

I wonder if anyone out there could help me to find out where to buy a new or used small, hand-operated SUGAR CANE CRUSHER (like the type which is popular in Asia or South America), or plans for making one? I've been trying to get one for a long time since I have a lot of organic sugar cane growing and would love to make an occasional juice.

Maria Basten,

Box 342, COOKTOWN 4871.

Dear GR,

I am writing for two reasons. Firstly to thank you for your magazine. I was delighted to find it in a local newsagent last year and have found it interesting, stimulating and helpful. The second reason for this letter is to ask fellow readers for help.

I am a 40 year old single woman, contemplating a move away from city life. Over the last few years I have become interested in self-sufficiency, organic farming, permaculture and environmental issues.

Many of my friends and family are sceptical about this desire to CHANGE MY LIFESTYLE. Comments range from, 'You have never grown anything in your life', to, 'It's just because you have turned 40, everyone goes through it and you'll soon get over it'. Of course, they have raised some valid issues worth considering - 'What about loneliness, a woman by herself?' and 'How will you manage all the work by yourself?'.

I would really like to hear from anyone in a similar situation, your experiences, successes, failures and difficulties. It would help me to make a realistic decision.

Thanks again to the editors of GR. It is comforting to know others care about our environment.

Barb Lumsden,

PO Box 29, STRATHPINE 4500.

Dear Megg & Staff,

Just read your Gumnut Gossip issue No 108. You are right to put emphasis on your readers' WARMTH AND GENEROSITY to each other. In this society of ours we are constantly bombarded with doom and gloom from the mass media. It's refreshing to have a connection with the good caring people of our society. I have been reading GR since 1981, and have found it to be always filled with well meaning advice and heartfelt articles. To all concerned keep up the good work, you are all very much appreciated.

To anyone knowing LYNN BOTITHO HAWKINS could you please let her know her friend Mary from NSW misses her very much and could she contact Rod on 043-588-436, our neighbour from our previous

address, and he will give her my new address. Really miss you mate, I think of you all the time.

Mary Conwell.

Dear GR,

Help! Does anyone know of a poison bait which will KILL SLATERS? My place is overrun with them. They are even up trees in my bird nesting boxes, and I strongly suspect they cause havoc in a veggie garden.

For the people with WOOD HEATERS, a good way to keep your flue from sooting up, is to put a couple of baked bean tins in your fire occasionally. It really works. Apparently the vapour from the hot tin loosens up the soot and keeps the flue clean. I haven't had to clean my flue for two years.

Ken Miles,

6 Parkside Crs, TORQUAY 3228.

Dear GR,

I heard that someone had advertised to sell the plans to build your own platypus or ram pump. The cost was about \$10. I searched through many back issues of GR but couldn't find the advertisement. If you could help in any way or by placing this letter it would be appreciated.

Louis Miller,

6 Deborah Rd, ANNANGROVE 2156.

For details about the platypus pump write to: Iain Mathewson, 23 Wellington St, MACKAY 4740.

Dear GRs,

I wonder if some GR readers can assist me in obtaining a HOMEMADE WORCESTERSHIRE SAUCE RECIPE and a glazed carrot recipe and a homemade bolognaise sauce recipe. Please post all recipes to:

Michelle Hurst,

PO Box 2169, MT GAMBIER 5290.

Dear GR,

I would like to hear from anyone who has any evidence of the existence of IRISH TRAVELLERS PAST OR PRESENT, even descendants of travellers anywhere in Australia. Some may have been transported here or some may have travelled here of their own free will, some may have existed as the groups found in the USA, which still exist today as a distinct ethnic and cultural group. Those travellers have just been recognised by the Irish Government as an ethnic group within Ireland. They originate from pre-Celtic times and have been joined by families thrown onto the roadside during the time of Cromwell and after that the Great Famine. Most worked in the past as tinsmiths or horse dealers, but nowadays engage in recycling, side shows or circuses, etc. Some claim 'our jolly swagman' was a traveller, as a swage in the tinsmith's trade was a hinged hammer used for making tin pots and pans. As the traveller moved into towns he displayed the swage over his shoulder in order to let people know what he was about and distinguish themselves from tramps. I am writing a story for the voice of the travellers based in Ireland, so I would like any stories, to meet travellers, photos or any evidence of this group if any exist - 7000 have in the USA, so let's hope for a few replies from any part of Australia so we can make a story to lift the spirits of their long lost relations back in Ireland. Please write to:

John Quinn,

PO Box 199, WOY WOY 2250.



Dear Readers,

In 1996 I hope to be attending one or another university in Melbourne after completing the adult VCE at TAFE here in Bendigo. I would like to find out about any LETS, Permaculture and similar groups in the INNER SUBURBS roughly from St Kilda to Brunswick, Hawthorn across to Footscray. This will be a great help in finding the best location to live and reducing my cost of living on the rather meagre Austudy allowance that will be my lot for the few years. Any information about cost and possibilities of shared accommodation would also be appreciated.

Shane Lyons,

Furness St, KANGAROO FLAT 3555.

FEEDBACK LINK-UP FEEDBACK

Dear Mature GRs,

A few weeks after I bought a house in the rural outskirts of Melbourne, a neighbour died. We never met him. He'd lived alone on his bush block and it was three weeks before his body was found. Our society doesn't offer much for sole wrinklies – a geriatric so-called 'home' among strangers, or neglected isolation – some choice!

Eight years later, I'm distance-educating my two youngest children (boys aged 15 and 17). We need to move further away from cities as the boys are only fit and strong when removed from daily contact with petrochemical fumes, and we've decided to make a big move, to SE Qld.

After selling the house I'll be lucky to have \$20,000. I was going to put it all into a bush block (2 to 10 acres), except for enough for a concrete slab and a water pump. Then build a shed for temporary accommodation and slowly build a small cob or mud brick house, using recycled timber and fittings. And be mortgage-free. If anyone knows of a good prospect for us, please let me know. Access to water is our only real need.

But, still haunted by the sad, lonely death of our neighbour, it occurs to me that there are probably many of you either in his situation or foreseeing it, with crumbling houses that you can no longer repair, in need of well-cooked tucker, good company and later, good nursing. My idea is that, in **JOINING FORCES** you would gain my experience in therapeutic massage (qualified), naturopathic and herbal medicine, cooking (meat and vegetarian) and our expertise in growing vegies (permaculture), basic home renovation and repair and car/truck maintenance – and I would gain more for my dollars in buying your property, or part of it.

I can provide excellent character references, but, to avoid worry and uncertainty, I would suggest an initial trial period, with no permanent obligations, of about six months, with housekeeping and house/car repairs in exchange for rent. Then, if harmony and trust prevail, a carefully drawn-up contract to ensure security, fairness and peace of mind on both sides, on a long-term basis. There are a lot of important details that would need to be taken into account, for example, to make sure that you are guaranteed the best of care if you are ever bedridden.

My 17 year-old is very sociable and kind-hearted, computer-literate and mechanically-minded, while the 15 year-old is quiet, thoughtful, rather reclusive, already a competent artist and reptile breeder. I am tertiary educated, very positive in attitude (but realistic), forever curious and learning more, and can get quite angry about social injustice.

One of my dreams has long been to provide a workshop/retreat where young people can be taught subsistence living and skills that would allow them to have self-respect and be independent of government hand-outs. If you share similar aspirations, but failing health prevents you from putting them into practice, I have considerable experience in teaching, counselling, fund raising and promotion and the happy knack of persuading politicians to my point of view! Given the space and very few resources, I know I could help to make a difference to a few people's lives. If you're interested or just have any suggestions or queries, write to:

Heartfelt,

RMB 6360, GLENBURN 3717.



To GR and Friends,

We are hoping to gather some recipes on a natural environmentally friendly and affordable **SHAMPOO AND CONDITIONER**, especially one for a flaky scalp. I have seen some recipes using essential oils, but the outlay on essential oils is way above our budget. I hope someone can send us good cheap recipes.

We are also interested in **STRAW BALE BUILDING**, although we have no building tools and no experience, we have a keen interest and are willing to learn. We would love to see completed or in process of completion straw bale buildings in the Brisbane, Gold Coast, Sunshine Coast or surrounds.

Also, if anyone has any information regarding **DO-IT-YOURSELF COMPOSTING TOILET**, we are interested in how to build one ourselves and how people find their use and problems etc.

Finally I would like to thank *Grass Roots* for this great link-up service and unbiased articles in this magazine. A joy to read.



Ellissa and Dino,

29 Kent St, REDHILL 4059.

Dear GR,

Johanna Joswati requested recipes for **TOFU AND SOY CHEESE** in GR 109. *365 plus one Vegan Recipes*, by Leah Leneman, gives recipes for both these and other delights such as mock cream, cashew or almond milk and yoghurt cheese, all without dairy products. The book is published in Great Britain by The Bath Press, Avon (1993). Making tofu is quite a lengthy process, but basically you begin by following the same procedure used to make soy milk. This is then boiled, a coagulant is added and the curds are moulded and pressed. Vicki Judd (GR 109) would also find this book useful, especially the fresh fruit-based desserts.

By the way, we picked up some empty **POLYSTYRENE BOXES** from a supermarket. Before they could be converted to a worm farm, our chickens added the boxes to their diet. Does anyone know why?

Kathy and Keith Wilson,

LOWMEAD, 4676.

Dear GR Readers,

Dave and I, and Emma (12) are building a house at Samaria. We have breathtaking views from our land which compensates for the endless battle to eradicate Patterson's curse, rose hips, thistles and blackberries. We have found it pays to take lots of photos then you can look back and see that the back-breaking work is paying off.

I have been given some **'AGEE' PRESERVING JARS**. They do not have lids, would anybody know where I could get some, even the name of a supplier? Do you treat them the same as Fowlers jars?



Doreen Whelan,

'The Edge', RMB 1746,
BENALLA 3672.

Dear Grass Roots,

We got away from the stressful city jobs and are renting two acres in a quiet town called **COOLAH**. Collected our horses, dogs and cats and are now living happily altogether (with plenty of room to move!).

We have been collecting *Grass Roots* for about five years (plus I have a lot of old issues from my sister), but we're missing a few. My dream to have the whole collection is almost true as I discovered a box of them (plus other alternative mags) in a second-hand store in Coonabarabran yesterday (\$150 worth! Ouch). Went through the lot and I now have doubles of about 40 issues (various no's) if anyone is interested in buying any (also *Earth Garden*). Would love to know who and why they were sold – must be a very good reason to part with them.

I might sit down one day and finally write the story of our six months living in Koorawatha in a tent – in winter! Good for a few laughs. Haven't got any photos but we do have a video tape. Do you know how to get stills from a tape? Please feel free to write to us, just for a chat, or any chooks for sale nearby? We are dog and horse mad, don't mind a drink or two with friendly people, so give us a holler if you're passing through. See ya!

Beccl & Rob,

171 Binnia St, COOLAH 2843.

Dear Grass Roots,

I refer to Vivienne Manouge's article on 'Bush Herbs: Small Herbs and Annuals' (GR 109, page 29). It was fascinating reading. I have been interested in natural medicine, especially herbs, for years. Whenever I can, I use them for human and animal treatment. Could we please have some more information on **AUSTRALIAN HERBS** and the availability of them? For those of us who can't collect them from their natural habitat, can we buy seeds, plants, dried herbs? If so where from? Are there any books available on the subject that would be a good addition to the home library? Any information greatly appreciated.

Kate Harper,

RMB 1854, TATURA 3616.

I'm sure you'll find the book 'Wild Herbs of Australia and New Zealand' by Tim Low, very useful. Herbs are well illustrated and described with many uses given. It was published by Collins Angus & Robinson about four years ago and sold for \$16.95.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

I had a **SKIN CONDITION**. Possibly psoriasis or dermatitis, all over my body, mainly on my hands. The skin was dead, thick layers, bleeding in the cracks, swollen joints, couldn't use my hands for nine months, gloved day and night. Dandruff on my head, rash spots all over my body. I was a prisoner in my own house. I went to so many skin specialists, no improvement, itching, bleeding and pain.

I was introduced to Pushpa (ph: 07-289-4309) who treated me with some 100 percent natural leaves and oil. Within a few weeks I was a complete free happy man. I thought I would share the great feeling with others with the same condition.

P Williams

49 Quinna Crt, FERNY HILL 4055.

Dear GR People,

We are a friendly, easy-going couple looking around for a place to settle and create a sustainable future for ourselves and our children-to-be. The two of us are travelling the continent in a campervan, in no great hurry, and would relish the opportunity to find out about the joys and hardships **DIFFERENT LIFESTYLES** and regions have to offer.

As a professional masseur and student naturopath I am especially interested in the practical, day-to-day use of herbs, and general health considerations in living a self-sufficient lifestyle. But really, we would love to share ideas, experience, correspondence, or just a simple cuppa with any positive, caring people, city or country. Looking forward to hearing from everyone.



Paul and Teresa Hurd,

C/- 7 Fullview Cr, BUDERIM 4556.

Dear GR Readers,

I'd like to respond to the Feral Angel's advice against herbal remedies in GR 109. In GR 107 a letter of mine included information on taking **MUSTARD FOR MIGRAINE**. I don't claim to be a specialist in herbal remedies, although they interest me. It seems people do have a choice as to what they take for health problems. And herbal remedies can be used in conjunction with traditional medicine.

It does seem to be that no-one would have a permanent migraine anyway. So it therefore follows, if anyone used mustard as a cure, it would not be used everyday. I have never advised anyone to use it continuously and doubt that I or anyone else would do so anyway.

My husband, who died several years ago, suffered migraines. One thing is for sure, he did not use mustard to cure them. He did occasionally use it on meals, because he wished to do so. When he died, mustard did not kill him, a health problem did.

One can ask a doctor or a chemist on the way to use natural curatives and be told what effect they would have on the body. I have done so myself for other health reasons and have made the right decisions because of the gained knowledge. I do thank you for letting me know. I omitted to say what you rightfully let us all know about mustard and its effects.



Gaelle Murray,

PO Box 1180, PIALBA 4655.

Hello GRs,

Is there anyone in there who understands we GRs are greatly outnumbered by those participating in the great race to annihilate all that was beautiful on this planet? It's sad to see the masses pushing and shoving towards a goal they are taught at an early age – ie, climb to the top of the corporate ladder (don't worry which one just get there at any cost) thus ensuring the achievement of measurable success. They are taught to learn and conform, but never to think.

I mean, who could possibly live without a bunch of bricks architecturally designed into four bedrooms, two bathrooms, games room and three-car garage? Then there is the mobile phone, the computer, and the laser-levelled lawns. Whoops! Forgot the swimming pool, and left out the clever interior designer who ensures all these things are in the rightful places and correctly colour co-ordinated. Better mention the developers

too. Must have man-made treeless plains called estates (with lots of tar and cement strips threaded through the bricks). Anyway, who wants trees? They drop leaves which need to be rounded up into little heaps and burned – some enterprising leaves escape into the perfectly clean, chlorinated swimming pool!

Didn't make mention of the three cars in the three-car garage. Some of the people who own these cars will whinge loudly about trees getting the axe to make way for roads to accommodate said cars. Others will demand the government do something about air pollution. After all, it is all the government's fault anyway. Have we really all forgotten that politicians are merely the peoples' representative and not the lords and masters?

It seems so many people have forgotten how to smile, and manners and consideration are apparently on extended leave.

I could go on forever, All this has been a long-winded way of asking if there are really others in there with **CONCERN FOR MORE THAN THEIR OWN LITTLE PATCH**. I'd love it if you would all pop out of your hidey-holes and tell me about it. Write, shout – anything to reassure me of your existence. Let GR unite us, or I will surely wither and die.

Barbara,

PO Box 6435, Park Plaza PO, COFFS HARBOUR 2450.

Dear GR Readers,

Is there someone in the Snowy Mountains/South Coast region, who is **FARMING BIODYNAMICALLY** on a larger scale, and where I could spend a few days this summer for an insight into the practical application of biodynamic methods? I have read several books about BD farming in the past and do realise it's a philosophy and not just a farming technique which can be learnt in a few days. I would like to convert my 350 acre grazing property and feel biodynamics is the only way to go.

Martina Battlg,

'The Pineapple', Barry Way,
JINDABYNE 2627. Ph: 064-578-170.

Dear GR,

Reply to some of 109: To me herbs are a lot more than just about making money. That's why I can never stress enough about **BEING CAREFUL WITH HERBS**, for herbs can help in our time of sickness and poor health, and with more complex problems. If wanting to use herbs see a herbalist for they are more highly trained to help in those cases. Nearly all you read about lately are remedies made from oils and so many different oils just to make up one remedy and getting very expensive to buy. What I call simple methods such as using the plant as dried or fresh for herb baths, teas, ointments and oils. Sometimes all we need is one herb for some remedies.

Ever tried feverfew for migraines? Quote from *Readers Digest The Complete Book of Herbs*: 'In trials 70 percent of patients reduced migraines and 43 percent felt other beneficial side effects including more restful sleep and relief from arthritis, while 18 percent had unpleasant side effects'. Just put three to five leaves on bread and eat them. The reason for no more than five leaves a day is it won't work any better and the body system will not cope with more.

Try horsetail for the psoriasis as a hair wash. Make it like a tea and then strain and just wash scalp and try not to use soaps for some will aggravate the problem.

To make **CALENDULA OINTMENT** take 500 grams of lard and melt it. Just as it is melted put in three handfuls of yellow and orange calendula flowers picked in late morning sun with dew on them. Make sure they are dried, then stir for about three minutes or until crisp. Turn off stove. Leave overnight – important. Then gently heat in morning. Strain into jars – brown if you have them. Use a spoon in jars because of heat. Then let cool and keep in fridge. It will keep for up to 12 months and is very good for nappy rash, cuts, sores and some pimples. This ointment is still used in some major hospitals in USA today for bed sores. There's just so much to learn about herbs and their uses.

Jeff Roper,

RMB 896, SORELL 7172.

FEEDBACK LINK-UP FEEDBACK

Dear Megg & Co,

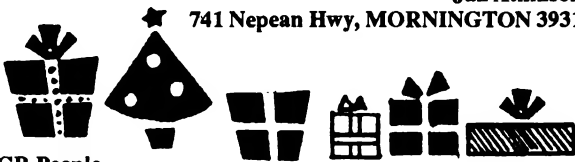
I've noticed quite a few letters in Feedback asking for remedies to ease the pain of arthritis, migraine etc. A few years ago a lady wrote in to GR and told how K-Mag relieved MIGRAINE, so I tried it and it does, very quickly. Also the Migraine Clinic in London trialed feverfew and found that taking one tablet or capsule per day prevented migraine. This remarkable herb is often overlooked by herbalists and yet it is a first-aid kit in a plant. It is a very powerful anti-inflammatory without the side effects you can get from synthetic drugs. It is the only thing to ease the pain of gout in my feet and the oil takes away the burning pain of the gout and also arthritis in my knees. The leaves can be eaten, but can cause a sore mouth so I find the tablets or capsules available from health food shops much kinder.

I make up my own oil and it is very easy to do, takes three weeks. Pick a handful of feverfew leaves at midday when they are warm from the sun. Place in a glass jar (coffee jar etc), cover with oil and leave on a sunny windowsill for seven days. I have found the plain label baby oil from Safeway/Woolworths is best as it is very light and has little smell. Strain off the oil onto another handful of leaves and leave another seven days, repeat. Put the old leaves into a plastic bag in the fridge. After the third soak put the oil and all of the leaves into a stainless steel or glass saucepan, bring gently to the boil then turn down heat and simmer approximately five minutes until leaves are crisp but not brown. Strain off the oil into an old clean jug, allow to cool, add three drops of tea tree oil and bottle. The oil is wonderful to dab on chicken pox spots, it eases the itch, softens the scabs so they fall off without leaving a scar. For sunburn, dermatitis etc dab on a little oil and for the pain and burning of arthritis etc, massage gently into the sore area.

Last but not least, I suffer from a terrible itch between and under my boobs at night or in hot weather. The feverfew doesn't help as the skin is moist and I wake up scratching and have broken the skin at times. Not any more. Don't laugh, but I've found relief. Rectinol ointment. Yes, the stuff you put on haemorrhoids, works like magic. Hope this helps.

Jan Atkinson,

741 Nepean Hwy, MORNINGTON 3931.



Dear GR People,

I am very interested in learning to make NATURAL SOAP and also in candle making. If anyone could help with some information on those two subjects please write to me.

My parents wanted to get a new bed but shopping around proved that a good solid bed was very expensive. My father then talked about making a bed and I showed him the instructions on a timber bed out of *Grass Roots* (102?). He has just finished building it and it's a most impressive bed. He used hardwood in some of the framework - recycling what he had, and the effect is beautiful.

Just one more request before I finish. Does anyone know how one can try to keep LUPUS (SLE) under control naturally and can a Lupus sufferer still have a bright future? Any information please.

Henriette Sonne,

PO Box 70, TEWANTIN 4565.

Dear Readers,

After a few (rather forget except for my beautiful son) years in a bad relationship with my ex-husband, I am now very happy and have been given a second chance with a wonderful man I'm now with. We have 260 lovely acres between Holbrook and Jingellic, near Albury. Much of it is bush with native birds and animals, permanent spring-fed creek, and a huge dam. We are very lucky we can get an income off the farm, with Steve working for himself as a signwriter in the local area.

I did the advanced certificate in farming last year at TAFE, both teachers were very much leaning to chemical-free, commercial fertiliser (super) - free farming, one of them having a small permaculture farm. I

enjoyed the course immensely and it gave us so many ideas for our place.

We want to build with the stone available on our place and be as self-sufficient as possible. Any house plans or even suggestions how we take that first step and get started on the house would be really appreciated.

I breed coloured sheep for wool and also tan their skins. We use no chemicals at all on the sheep: drenches, dips etc. I have carded wool available, sheep fleeces after shearing and fully washable tanned skins if anyone is interested. I can also tan skins for people. We use the meat ourselves, we are interested in MAKING OUR OWN SAUSAGES, also casings, any tips and recipes would be great. I'm also looking to sell my skins through craft shops. Anyone interested? Mum is a very keen spinner weaver and knitter and encouraged my interest. She also has silkworm eggs and is happy to post them.

Would anyone have a pattern for SHEEP SKIN MOCCASINS/ugg boots they would share with me please.

I have had many problems with all contraception pills and I don't like taking something artificial that mucks up my natural cycle, any other suggestions. What about IUDs, diaphragms, good or bad experiences?

Would anyone have plans for a simple shed for HOUSING DUCKS? I have no idea how to go about building a shed but would like to learn on something very simple. We have bush timber and second-hand iron and timber off an old hay shed.

A tip for those wanting to get star posts out of the ground. Hit them with a sledge hammer a few times on the three sides. Most come out easily unless the ground is very hard, in which case you'll have to hit it more.

Other GR readers are welcome to call in if they're in the area and say hi. We know very few people in our area with similar interests to us so if you've got some ideas and time to share we'd really like to hear from you.



Allison Jowett, Steve Gibbs and Sean,
'Allerton', Toorak Rd, HOLBROOK 2644.

Dear GR Readers,

This is a blanket thank you to the many kind people who answered my request for info re QUANDONGS. We were inundated with helpful literature, suggestions and hints. There is at least one avenue which looks most promising plus a couple of probabilities.

I'm also interested in buying a CINVA RAM, Dabrac, or similar device for making pressed earth blocks. Failing being able to purchase one, I need detailed plans for the construction of one. Please contact me C/- the address below or ph 068-885-240.

Kylie Warnock,

MS 2, Mendooran Rd, DUBBO 2830.

Dear Megg and Mary,

I can't understand why all the experts on nutrition (dieticians, health advisers, etc) cannot understand that pure health dieting and healing processes can be obtained from FRUIT AND RAW VEGETABLES, which can also reverse serious illnesses, including cancer.

Why the experts keep insisting on cereals is beyond belief, as author Ross Horne says in his brilliant book *Improving on Pritikin (you can do better)*.

He says in simple language 'that grains and seeds are for the birds'. That's why they are equipped with a crop (first stomach) to sprout or germinate the grain.

Millions of dollars could be saved on health care in Australia through promoting the simple facts of the damage which cereals cause to human health.

You would almost think there is a conspiracy to keep us sick!

Please, you experts, if you don't believe, research yourselves, and then surely you must change your beliefs.

I know, because I practised this theory and had unbelievable results.

It breaks my heart that some people are doing the right thing by eating fresh raw fruit and vegetables but can't get perfect results because they are tricked into believing that grains are essential to the human diet.

Roger Gawronski,
MS 16, MALENY 4552.

Kids Pages



SUMMER HOLIDAYS AT THE BEACH

The land meets the sea at the shore, which is a home for many animals. Hundreds of species of crabs patrol sandy beaches and hide in rockpools, searching for scraps of food. Crustaceans or molluscs have shells or other hard casings to protect them from birds, the hot sun and the pounding waves. Sand hoppers feed on rotting plants, especially seaweed that has washed up onto the beach. Sea urchins graze on tiny animals and plants and starfish feed on coral and shellfish. Seabirds make their nests along the cliffs or in the sand dunes. Turtles come ashore to lay their eggs in the sand, and seals to snooze in the sun and raise their young.

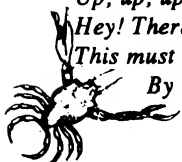
People have also come to the seashore to find food for thousands of years. Fishing is still a major pastime for people visiting the sea, but there is an increasing number of people who are interested in conserving the diverse coastal wildlife and appreciating the beauty of the habitat.



A CRAB'S NEW HOME

*Going with the tide in a soft saltwater river
Amongst mangroves and mud,
A little crab goes on his tiny tippy toes,
Trying to find a shell
That is the right size
To peek out his little eyes
And see if any birds may pass by,
Up, up, up in the great blue sky.
Hey! There's a shell hidden away,
This must be my lucky day.*

By Dionne Schmalkuche, Yakipari, Qld.



LAUGHS AT THE BEACH

Q. What do you call a cat that likes to dig in the sand?
A. Sandy claws!

Q. Why was the sand wet?
A. Because the sea weed.



Q. What lies at the bottom of the sea and trembles?
A. A nervous wreck

Scientist: I've just crossed a hyena with a shark.
Student: What did you get?
Scientists: I'm not sure, but if it starts to laugh, join in.

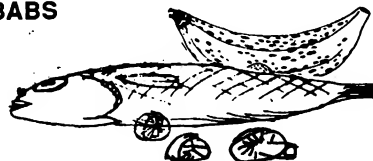
Q. What do sea monsters eat?
A. Fish and ships.



COOKERY CORNER

TROPICAL FISH KEBABS

750 g fish fillets
2 bananas
8 mushrooms
1 capsicum
2 tsp lemon juice



Cut the fish into cubes, slice the bananas thickly and cut the capsicum into squares. Thread pieces onto four skewers, sprinkle with lemon juice and grill or barbecue until cooked.

BOOK REVIEW



Under the Sea, by Linsay Knight

The world under the sea is largely unexplored, even though it covers two-thirds of the Earth. This book gives a glimpse of the study of the oceans, the sea floor, currents and tides, creatures, mysteries and resources available beneath the waves. It has great illustrations, including a four-page foldout showing wrecks and treasures. The information is easy to read and useful for school projects or for those with an interest in this subject.

Published by Allen & Unwin, RRP \$19.95.

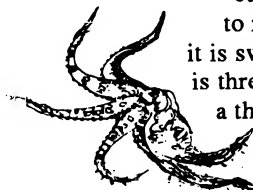


WHY IS THE SEA BLUE?

The light that strikes the sea is either absorbed or broken up and scattered back to the surface. Blue and green wavelengths of light are scattered more than red and yellow ones, and this gives the sea its blue or green appearance.

DID YOU KNOW...

An octopus can change colour to match the surface it is swimming across. If it is threatened, it spurts out a thick cloud of black ink to hide its escape.





THINGS TO DO AT THE BEACH



Whether visiting for the day or staying on holiday, there are more things to do at the beach than swimming. Try these:

- Collect feathers to make into earrings or a headdress.
- Make a mini golf course on the sand, with plenty of sandcastle obstacles for each hole. Use a spade as the putter and vary the size of the ball to make it more challenging.
- Don't forget to take essential equipment with you: binoculars for spotting birds and boats, a magnifying glass for examining tiny beach creatures, plastic containers for collecting beach flotsam and jetsam (things that are washed up on the beach), hat and sunscreen.
- Collect shells to take home for craft work. Make sure they do not have tiny creatures living in them. Shells can be varnished or painted to make into a necklace, or glued around a picture frame, mirror or hair comb. String shells together to make a wind chime.
- Interestingly shaped pieces of smooth, bleached driftwood can be taken home and placed in the garden as pieces of sculpture.
- Seaweed can be well washed at home to remove the salt, and added to the compost.
- Take a garbage bag to fill with rubbish that may be washed up or left on the beach. Many sea creatures are harmed by rubbish, particularly plastic bags and ring openers of soft drink cans.



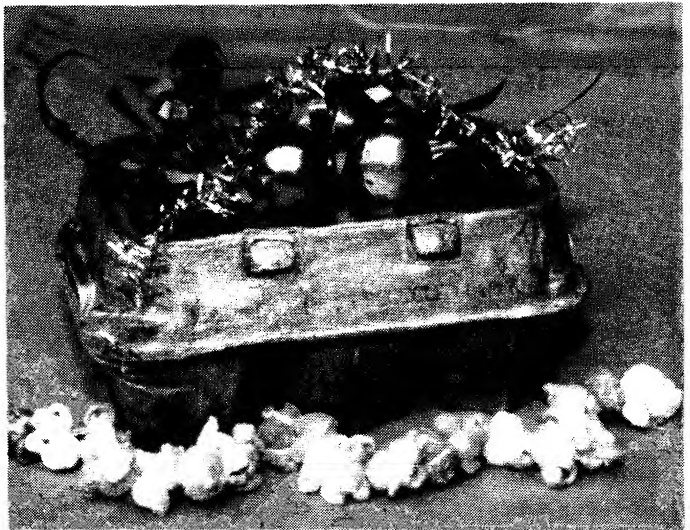
- Have a sand sculpture exhibition. Build up life-size models of people, buildings or objects. Work in teams or individually. Build them below the high tide mark and watch the waves, as they come higher, slowly eat the sculptures away.
- Play shipwreck. Draw shapes of different sizes on the sand as islands. 'It' tries to catch the other players, but they are safe when they are on an island. When someone is caught, they take over as 'it'.
- Make sure that you do not disturb the habitat of tiny rock pool creatures. Always replace rocks that you move.
- The beach on a moonlit night is a magical place. Tell pirate and shipwreck stories and sing sea-shanties like 'Blow the Man Down' or 'One-eyed Jack'.

CHRISTMAS CRAFT IDEAS

If you are looking for simple, fun ideas for Christmas gifts and decorations to make, most December issues of Grass Roots will be useful.

- GR 82 tells you how to make puppets which are great to give to younger brothers and sisters, an egg carton tidy, snowflake cards, decorated cones and pads, and a popcorn chain to decorate the tree.
- GR 88 has: instructions for making a little shoulder bag that any girl will like, different card ideas, covered cartons or boxes which are a lovely way to present homemade sweets and biscuits.
- GR 94 tells how to decorate a plant pot and how to make a Christmas wreath.
- A decorated desk tidy would make a wonderful gift for any friend or family member, especially if you add a few useful stationery items to it. See GR 100 for directions.
- GR 106 has instructions for a Christmas sack, Christmas candles and gift cards.

Have a happy and creative Christmas and a safe holiday.



Turn an egg carton into gold with spray paint and fill it with a collection of useful items: nails and screws for Dad, soaps for Mum, packets of seeds for a friend.



While the Billy Boils

We hope this recipe selection will help with your entertaining over the holiday period. As well, the honey pickled onions and tofu balls would make lovely gifts. Have a tasty Christmas.

CHEESE AND HERB LOAF

Serve on its own as an appetiser, or with a fresh, colourful salad.

- 150g wholemeal SR flour
- 150g SR flour
- 1 tsp paprika
- 100g tasty cheese
- 1 onion
- 1 clove garlic
- handful fresh chopped mixed herbs such as: parsley, basil, marjoram, dill, spearmint
- 1 egg
- $\frac{3}{4}$ - 1 cup milk

extra chopped herbs for top of loaf
Line the base of a greased loaf tin with kitchen paper. Grate cheese. Chop herbs, onion and garlic. Sift flours and paprika. Mix all ingredients thoroughly, reserving $\frac{1}{4}$ cup of the milk to add if mixture seems too dry. Pour mixture into loaf tin, sprinkle extra herbs on top. Bake for one hour at 180°C.

Sandy Sampesi, Oakleigh.

HONEY PICKLED ONIONS

- pickling onions
- 1.2 litres vinegar
- 250g honey

Remove skin and one layer of white flesh from onions. Pack into jars. Mix together vinegar and honey in a saucepan over low heat. Allow to cool. Pour cold liquid over onions and seal jars.

Ruth Watson, Bell Park.

VEGETABLE TERRINE

- approx 400g spinach
- 1 large red pepper
- 1 green pepper
- 1 green-skinned cucumber
- 2 tomatoes
- $\frac{1}{2}$ cup corn kernels

Jelly

- 1 tbsp gelatine
- $\frac{1}{2}$ cup white wine
- $\frac{2}{3}$ cup water
- 1 tsp French mustard
- 1 tsp vegie stock powder

Dressing

- $\frac{1}{3}$ cup olive oil
- 1 tsp balsamic vinegar
- 1 tbsp white wine vinegar
- 1 dsp honey

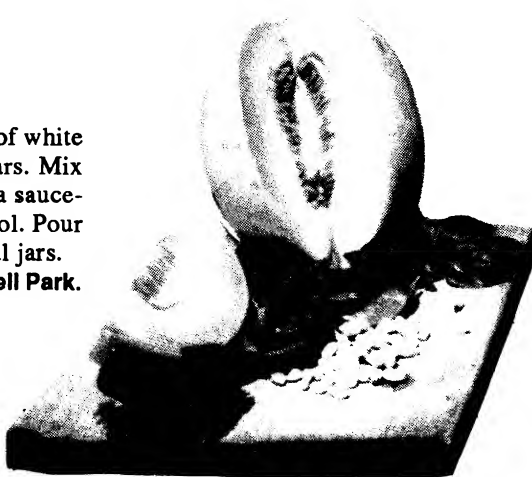
Line a loaf tin (11 x 21 cm) with plastic wrap. Chop peppers, tomatoes and cucumber finely. Mix with corn and set aside. Trim stalks from spinach and cook leaves till just tender. Rinse under cold water and drain well.

Line loaf tin with $\frac{3}{4}$ of spinach, overlapping leaves well and letting them hang over edge of tin. Spoon vegetable mixture carefully into tin. Pour jelly over. Top with rest of spinach, folding overhanging leaves to cover top. Press down gently. Cover with plastic. Refrigerate overnight. Turn out of tin. Serve sliced with dressing.

Jelly: Warm wine and water sufficiently to dissolve gelatin. Stir well over gentle heat until dissolved. Allow to cool. Add mustard and vegie stock powder and mix well.

Dressing: Combine all ingredients. Whisk briskly just before serving.

James Grady, Port Fairy.



SNOW PEA AND MELON SALAD

- 200g snow peas
- 1 tbsp olive oil
- $\frac{1}{2}$ cup pine nuts
- 1 tbsp chopped spearmint
- 1 large honeydew melon

Dressing

- 6 tbsp olive oil
- 2 tbsp white wine vinegar
- 1 tsp mustard powder
- 1 dsp honey
- ground black pepper, to taste

Top and tail peas. Cook till just tender. Rinse under cold water and drain well. Set aside in refrigerator. Cook pine nuts in the oil until they are golden. Drain. Peel melon, remove seeds. Either dice evenly or make balls using a melon baller. Make dressing by whisking all ingredients well, adjusting seasoning to taste. Steep the melon and mint in half the dressing for half an hour before serving. Serve with snow peas arranged around the outside of the serving bowl and melon/dressing in centre. Pour required amount of remaining dressing over peas. Sprinkle extra chopped mint over all if desired.

Sharon Friedmann, Forest Glen.

PASSIONATE PAWPAW

- 1 large pawpaw
- 2 tbsp lemon juice
- 1 tbsp honey
- 4 passionfruit
- lemon rind strips for garnish

Remove skin and seeds from pawpaw and dice roughly. Remove pulp from passionfruit. Mix passionfruit pulp, honey and lemon juice. Pour over pawpaw. Mix gently and allow to steep in the fridge for an hour or so before serving. Garnish with thin strips of lemon rind.

G Lucazelli, Maroochydore.

FRUITY TOFU BALLS

- 1 cup mashed tofu
- 1 tbsp light olive oil
- 1 tbsp lemon juice
- 2 tbsp orange juice
- 1 cup desiccated coconut
- 1 tbsp chopped raisins
- 1 tbsp chopped prunes
- $\frac{1}{2}$ tsp mixed spice
- 1 tbsp chopped nuts
- grated rind 1 orange
- grated rind 1 lemon
- extra coconut to coat balls

Blend tofu, oil and juices. Add remaining ingredients and mix well. If too moist add more coconut. If too dry add more juice. Roll into marble sized balls. Roll in extra coconut to cover. Refrigerate.

June O'Conner, Albany.

SUMMER CAMPING TIPS

Damper

A real damper can be made only in a camp oven in an open fire, but this can be done in a backyard. Start with a good fire to produce two buckets of hot coals and ashes. Dig a hole beside it a little larger than the camp oven.

To prepare the mixture, for each cup of self-raising flour add a pinch of salt and enough water to make a tacky mess, (about a quarter cup of water). Grease the oven, flour the mass of dough and drop it into the oven. Put the lid on, rake a couple of shovels of hot coals into the hole and place the oven on the coals. Fill around the oven with coals and heap them on the lid. Cook for 40 minutes or more if necessary.

Roast Beef Cooked In Ashes

Dig a pit about a metre square by 60 centimetres deep. Build a strong fire in the pit, sufficient to leave the pit more than half-full of coals and hot ashes. Wrap about a dozen sheets of white plain paper (butchers' paper) around the roast. Then wrap about twenty or more sheets of newspaper (slightly damp) around this. Bury this well underneath the ashes, heaping coals and ashes over the top of the roast. After about one and half to two hours, the roast should be well cooked. Out west, our scout master cooked enough roasts and rosella pie in this fashion to feed our entire scout troop for a long weekend.

Keeping A Small Tent Waterproof

Apart from synthetic waterproofing, a tent can be kept dry by twining together long twigs, roping them down over the tent, then placing dozens of branches over this. A small tent protected in this way stayed completely dry after a thunderstorm lasting two days.

Outdoor Wash Basin

Four forked sticks driven into the ground with straight pieces between the forks provides a wash stand. A rabbit skin tied at the corners to the top of the forked sticks provides a temporary wash basin. Instead of a rabbit skin, a heavy piece of canvas can be used.

To Test Water

Drop a tiny amount of condy's crystals into a cup of the water. If it goes pink, the water is good. If brown, it isn't fit to drink.

From Donald Young, Burnett Downs.

Recycled Camp Oven

An easy and very cheap good oven begins with a 20 litre (4 gal) metal drum usually scrounged from your local garage. Remove the top with a chisel, oxy, tin snips or whatever. Next cut a hole about 10 cm (4 in) round from the side, close to the bottom. This is where you feed the fire. Next cut some holes a third of the way up the drum for 6mm (1/4 in) diameter steel rods to pass from one side to the other. This is where you rest your

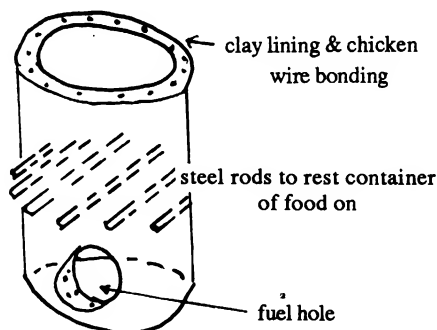
food or cooking containers.

Now line the inside of the drum with chicken wire and then clay about 25-30 mm (1 in) thick. Now push the rods through the holes and light a fire in the bottom of the oven and 'fire' the clay. You now have an oven that can cook anything from pizzas to tandoori as the clay retains the heat sufficiently and once the fire has burnt down to glowing coals, you regulate the heat by adjusting the lid or blocking the fuel hole with a clay plug. You can even smoke food in this oven by experimenting with the types of wood used for the fire. You'll find it economical on wood also. Keep the kids' hands away from it though as the drum gets very hot indeed and cooks very quickly.

From Roberino, Arrawarra Beach.

Roberino's Baking Oven

lid controls temperature



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HEALTH HINTS



TOP TOILETS

How clean is your toilet? Studies performed at the University of Arizona show that toilets are not cleaned adequately by flushing. With each flush, bacteria-carrying vapour is blown upward to cover the lid and seat. This leads the scientists to recommend cleaning and disinfecting of the seat and lid every day and the bowl every second day. Heated or fluffy toilet seat covers are not recommended. Public toilets were also tested in the study. It was found that service station toilets are rarely adequately clean, most hospital toilets are fairly good, while libraries get top marks for cleanliness.

PENNYROYAL FOR FLEAS

The heat of summer often brings fleas to plague our cats and dogs. Most chemical flea collars, the conventional solution to flea problems, contain organophosphates that are easily absorbed through the skin. Some owners have found that their pets suffer allergic reactions to chemical collars, others refuse to use them due to their toxic nature, and are seeking natural alternatives.

Pennyroyal (*Mentha pulegium*) is a low growing mint and an excellent flea repellent. Grow it in the garden or in pots around the area where your pet sleeps. Pennyroyal essential oil is also useful in flea control. Dab a few drops onto the animal's sleeping blankets and into the water when washing them. Every week, treat the pet's leather collar with a few drops of oil. If your pet is badly infested, dilute pennyroyal oil 1:10 in pure alcohol and rub about three drops into the fur around the tail area. Wait a few minutes (don't be tempted to add more oil as pennyroyal can be toxic if too much is used) and as the fleas scurry up to the head to escape, flick them off with a flea comb to drown in a large tub of water. As flea eggs hatch out every few days, further treatments may be required. Ensure that all animals in the household, and their sleeping areas and blankets, are also treated.

HAND-WASHING TO REDUCE INFECTION

If you are admitted to hospital you are at risk of being infected with bacteria, many of which are resistant to antibiotics. *The*

Lancet, 12 November 1994, in its study, has found that doctors, nurses and others do not always wash their hands before and between patient contacts. Should you find yourself in hospital or in your doctor's surgery, speak up if you have not seen the doctor or nurse wash their hands thoroughly. It has been repeatedly proven that medical staff can reduce the number of infections by washing their hands with an antiseptic soap.

MOZZIE REPELLANTS — SAFER THAN A BITE

Personal insect repellants registered in Australia are considered safe when used according to approved label instructions. The message from the National Registration Authority, the Government agency that assesses and registers products, follows a warning in the January '95 issue of *Choice* magazine that said that insect repellants containing N,N-diethyl-m-toluamide (DEET) have the potential to cause severe health problems. The NRA recommends using products containing 80 percent or more DEET where there is a risk of catching serious diseases like Ross River Virus or Malaria. Avoid prolonged or excessive use, check the label carefully and for children purchase a product that's formulated for them, keeping adult strength repellants out of reach of children.

SAFE BENDING AND LIFTING

To practise lifting objects so as not to hurt your back, place a box about 45 centimetres high on the floor and proceed as follows:

- Stand as close to the box as possible. Place your feet about 30 centimetres apart.
- Bend your knees so that your kneecaps just hide the toes of your shoes from sight.
- Bend your back and reach down, keeping arms slightly bent at elbows. (Never lift with straight arms.)
- Bend only far enough to reach the box.
- Grip the box with both hands.
- At this point *do not* lift with arms and back. Keeping arms bent, straighten your legs. Often 30 centimetres or more of lift is achieved with just this one movement and it is that first distance from the ground which is hardest on backs.

- Straighten your back and bring arms and hands up and towards the body to lift the box to the height you might need. This is a good technique to follow when lifting young children.

This advice has been adapted from a letter by Winell Callahan in *The Smallholder*, a Canadian newsletter exchanging ideas and information of interest to country people. For more information write to: The Smallholder Publishing collective, Argenta, BC, Canada V0B 1B0.

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GROWING TALL WHEAT GRASS ON SALINE LAND

When salt is brought to the surface by a rising water table it kills most of the vegetation. To reclaim these affected areas it is important to get something growing on them again, otherwise, the salt will continue to spread and affect more productive country. One of the few plants that will grow successfully on saline areas and provide a reasonable return from grazing is tall wheat grass.

Donald Anderson, a farmer in the Victoria Valley area near the Grampians, planted tall wheat grass years ago on a saline paddock. It was sown with super and has had one other topdressing. No super has been applied for 10 years. Both sheep and cattle graze the tall wheat grass on the property.

The pasture needs to be managed properly. The stock like it so much they will eat it out if not controlled. Alternatively, it will go rank if not grazed enough. The stock rate in the paddock is increased during October and November, then the paddock is left free of stock until mid January. The tall wheat grass shades the ground and allows vegetation to grow. It also helps to stop increasing evaporation from the paddock. Without tall wheat grass on the paddock it would be useless, costing money instead of providing good grazing.

ESTABLISHING TALL WHEAT GRASS

If the saline area has a cover of sea barley grass the traditional practice has been to 'spray top' it during the spring before sowing, however, a more ecologically sound alternative is to graze it off heavily to prevent further seed set of sea barley grass. Follow up with shallow cultivation

before sowing. If the area is already bare only one cultivation is necessary. The best time for sowing is mid to late April, after the autumn break. However, tall wheat grass can be sown dry. Seed can usually be bought from most merchants or stock agents. Sow at a rate of five kilograms per hectare with a generous application of an appropriate fertiliser and annual maintenance topdressings. Once legumes appear again, reduce annual topdressings. The seed should be sown at one centimetre deep. It does not flow easily through a small seed box and is best sown by mixing it with the fertiliser. Do not use covering harrows.

Establishment can be quite slow in the first year and it often appears that germination has failed. In the second year, however, the stand invariably thickens up. The plants take four or five years to reach maximum size and by then will be providing good grazing for sheep and cattle. As it is quite palatable to stock and slow to establish, tall wheat grass must not be grazed during its first year and even in the following years grazing needs to be controlled. It is therefore necessary to erect a protective fence around the area. Try to keep growth down to about 12 centimetres, either by grazing or slashing. This will keep the stand fresh and palatable to stock, and will ensure maximum water usage.

Financial incentives are often available to help farmers in reclaiming saline areas. For further information contact your local Department of Conservation, Forests and Lands office.

Reprinted from *Salt Force News*, No 8, April/May 1988.



An early trial of tall wheat grass on a salt-affected Tasmanian property in the 70s. Photo from the *Tasmanian Journal of Agriculture*.

THERE'S SALT AND THERE'S SALT

The most familiar form of salt is table salt, which is almost pure sodium chloride. For discussions of water quality, however, 'salt' and 'salinity' have wider meanings. The salinity of a sample of water is defined as the concentration of all the solids dissolved in it - referred to as 'total dissolved solids' (TDS). River Murray water, for instance, contains chlorides, bicarbonates and sulphates of sodium, calcium, magnesium and potassium, to name only the main constituents. They all contribute to the salinity of the water. All the dissolved solids are referred to collectively as 'salt'.

TALL WHEAT GRASS

Tall wheat grass is a summer growing perennial which is well adapted to grow in poorly drained, moderately saline soil, being an indigenous plant of the Balkans, Turkey and southern Russia where it grows in marshy areas, sea shores and low lying areas prone to periodical flooding by sea water.

It can grow well in salty permanently wet spots, but prefers an area which dries out in summer. It is easy to germinate, but slow to establish and should

not be grazed in the first year. For best results introduce animals once the crown of stems is developed.

Established by very shallow sowing in autumn or early spring at the rate of 5.5 kg/ha, growth is stimulated by summer and autumn rain, with an annual rainfall above 460 mm being most suitable. Application of a nitrogenous fertiliser can improve production. Once established it competes well with other salt-tolerant plants.

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SPEEDY EMBROIDERY

by Jose Robinson, Wild Cattle Island, Qld.

Russian embroidery, or 'pretty point' embroidery is known by several different names. Basically, it is simply a fast method of embroidering large areas of surface using a needle which is hollow down the centre. The thread is inserted down the middle of the needle using a long fine wire needle threader. The thread comes out through a hole near the point. This technique is used in India.

The procedure of embroidering with this needle is a push-pull technique much like the old idea (popular 50 years ago) of making looped floor rugs on hessian. Only the needle for those rugs was a very much thicker needle. The design for this embroidery is done on the reverse side and the loops form on the right side.

Kits are available at some craft suppliers and are known by various trade names. I made my own needle using a fairly hefty hypodermic needle given to me by a doctor friend. I disposed of the plunger, then a jeweller friend drilled the required hole near the point for me. It works perfectly.

It is essential to use embroidery rings to keep the work firm. A reel holder for the embroidery cotton is fairly essential also. The reel of thread unrolls freely as you work. Large areas of seemingly complicated filled-in embroidery can be accomplished in a short time using this method.

For easier handling, I made a holder or handle for my needle out of bamboo. Using a 3.5 centimetre piece of bamboo 1.5 centimetre diameter, I drilled a hole through the cross section just large enough to hold the needle firmly. I then glued the needle in, using wood glue. Next I selected another piece of bamboo just slightly larger in diameter. This piece I cut to 7.5 centimetres in length. I now jammed the needle-holder piece tightly into the second piece. These two pieces now formed a comfortable holder for my needle. The whole needle from tip to end now measured 13.5 centimetres. A comfortable length to handle when embroidering. (Roughly the size of the commercially manufactured plastic jobs.)

These needles are very sharp at the tip, so next I made a protecting case to



The needle in use with its bamboo case and the threader case nearby.

An embroidery ring is needed to keep the work firm.

keep the needle safe when not in use. For this I chose yet a fatter piece of bamboo three centimetres in diameter and twenty centimetres in length. I grow a lot of different types and sizes of bamboo, so I have plenty to choose from. A stubby piece about six centimetres in length fitted nicely in the top to form a cap to my bamboo security tube for the needle. A bamboo tube case for the wire needle threader was made in the same manner.

In the picture on this page, you will see the needle in use working a simple

flower design. The bamboo needle case and threader case can be seen lying on the table next to the embroidery.

To make the needle threader, I used fine fuse wire approximately twenty-two centimetres in length. This I bent double, then used a pair of pliers to pinch in the fold-over end, so it would fit through the eye of the needle easily.

I now have the equipment of a \$50 needlework kit, which cost me nothing but effort. A painted-on design in black silhouette on the outside of both bamboo cases, completed the set.

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APRICOTS

FOOD OF THE HUNZA

by Pamela Odijk, Mount Morgan, Qld.

The Hunza who lived in the Karakoram Mountains of Pakistan, first came to the wider attention of the world in the early part of this century. In this rocky and inhospitable area life was not easy, but in spite of this they had always been strong healthy people, apparently contented, unaggressive, adverse to competing with each other, and lived to an extreme old age. Most lived beyond their one-hundredth birthday (some to 120 or more) and remained active and alert for most of their lives. Nutritionists believe that their diet has had much to do with their health and longevity.

These people kept a few animals – cows, goats and yaks, but only for milk, butter and cheese. Meat was rarely eaten, but when it was it was one of the few foods which was cooked. Their special pride and possible key to their unusual existence, were their gardens, irrigated by using the water from glaciers, and fertilised with organic compost. In these gardens they grew a variety of vegetables, pulses (beans), in addition to walnuts, cherries, apples, watermelons and, the most prized of the Hunza's gardens, apricots. They grew as many as twenty varieties, some growing on trees living as long as the people themselves – over 100 years.

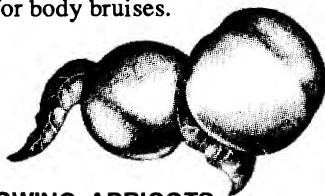
They also considered the apricot kernel to be of great importance. There is an incident which Dr Allen E Banik, an optometrist from Kearney, Nebraska, relates in his book *Hunza Land*:

... My first experience with Hunza apricots, fresh from the tree, came when my guide picked several, washed them in a mountain stream, and handed them to me. I ate the luscious fruit and casually tossed the seeds to the ground. After an incredulous glance at me, one of the older men stooped and picked up the seeds. He cracked them between two stones, and handed them to me. The guide said with a smile, 'Eat them. It is the best part of the fruit.' ...

The seeds are especially rich in nitrates or vitamin B17, a substance which has caused great controversy in the medical world. When news of the Hunza and their health and longevity related to diet reached the outside world, people every-

where began eating apricot kernels in large quantities for all manner of reasons (including cancer cures), and often with disastrous results. However, this was not the way the Hunza intended them to be consumed. The Hunza eat only as many kernels as fruit; so if you are not able to eat 50 apricots, then you should not be eating 50 apricot kernels either.

The kernels not eaten by the Hunza were either stored, or ground and squeezed under pressure to produce a very rich oil, not unlike olive oil in appearance. This was used as a medicine, and taken only when needed, or used on special days to cook their chapattis (the only other cooked food). Women also used it as a cosmetic oil to shine their hair and it was used as a rubbing oil for body bruises.



GROWING APRICOTS

One of our apricot trees is growing so near the house that we can pick the apricots from the verandah. It wasn't intended to be that way, but the tree was there first so we weren't about to cut it down. Anyway, it is a very decorative tree and because it is deciduous it provides shade in the summer and allows the sun onto the verandah in winter. It also stands leaf to leaf with pawpaws and bananas and more often than not has a choko or pumpkin vine climbing in it as well. We live in an area where apricots do well – we have hot summers and cool winters. They will do well in other places too, although late frosts can cause damage to trees which blossom early and in the milder (coastal) areas trees may fail to set fruit after a warm winter.

They need plenty of sunlight and protection from strong winds. Good circulation of air around the tree is essential as this minimises fungus diseases. Apricots will grow in practically any soil where there is good drainage, but prefer slightly limey soil. They can be planted any time, but it is better to plant during

the tree's dormant period, although container-grown trees whose roots are not disturbed by planting can be planted out almost any time, except mid-summer when the heat may cause stress to a tree which has not been grown in full sun. Plenty of water is needed, especially in spring and throughout the summer as well as the early autumn growing period. The root area should be soaked once every two weeks or more frequently in very porous soils. It is better to water the area below the outer branches of the tree rather than near the trunk. Fungus diseases can appear during long wet periods. The trees respond well to applications of manure.

Apricots are one of the earliest stone fruits to ripen and the fruiting period varies according to location but can span a period from mid-spring to late summer. Some of the popular varieties available are:

- Case's Early – ripens in warm areas to mid-October,
- Glengarry – popular old variety suited to hot climates; ripens November,
- Newcastle – reddish colour which ripens late November,
- Trevatt – strong variety but used mainly for drying or canning and ripens late December,
- Hunter Late – also a drying and canning variety,
- Bulida – early, firm flesh,
- Early Moorpark – golden red fruit, early season,
- Goldrich – very large, firm, juice fruit but needs pollination,
- Tilton – large oval fruit and pollinator for Goldrich, and
- Divinity – round yellow-orange fruit with a reddish blush.

PRUNING

As some fruit appears on new wood, but most on spurs from the old wood, heavy pruning should be avoided. Too heavy a pruning and you might not get any fruit at all. The aim should be to keep the tree growth steady, not to have a lot of new wood. It is better to discourage the tree from growing too high by pruning the

high growth back, but do not prune the short laterals of the main branches unless absolutely necessary. In some orchards, some spurs are pruned out to avoid excessive cropping, but for the home grower that does not seem important. Pruning should be done in early winter, especially in areas prone to bacterial canker.

PESTS AND DISEASES

Fruit fly and soft brown rot (rotten patches that rapidly spread) seem to be the main problems. Copper sprays will control this, according to the experts, if used after rain or at fortnightly intervals if the problem is bad. As we have had no problems with our tree, we have not had to investigate remedies. Our only problem is the interest taken in the apricots by marauding scrub turkeys which would harvest the entire crop for themselves if one didn't keep an eye on them. Possums also like the fruit but are less of a problem.

USING APRICOTS

Interestingly enough, (and bearing the Hunza's use of apricot kernels in mind), most old recipes advocate cracking open the apricot seed and including the kernels particularly in jam. Apparently the pectin contained in them helps the jam to set, but the chopped kernels were also eaten along with the jam.

Apricot Jam

(From my grandmother's recipe book) Use sound, just ripe apricots. Place fruit in a container and cover with boiling water for a few minutes, after which the skins will come off easily. Halve and remove the stones. Crack open a quarter of the stones, remove the kernels and place them in cold water until ready to add to the jam.

Simmer the apricots in their own juice until tender and the moisture is reduced. Then add 500 grams of sugar to each 500 grams of fruit pulp and the juice of one lemon. Stir until the sugar is dissolved, then boil quickly until the setting point of the jam is reached (about 40 minutes).

Near the end of the this time, plunge the kernels into boiling water and then into cold water, after which it is easy to remove the skins from the kernels. Chop the kernels and add to the jam.

When the jam has cooled sufficiently, spoon into clean jars, seal and label.



To Dry Apricots

Apricots may be dried whole, but if they are large, they are better halved and stoned. Wash the fruit and place it on a tray. These usually have wooden slats or a cheesecloth base although a fine wire tray covered with (washed and dried) cheesecloth or muslin, so the wire does not imprint onto the fruit, is fine.

If the fruit is halved it should be placed on the tray cut sides uppermost so the juice does not run out. The fruit can be dried in an ordinary oven, and started at 50 degrees Celsius. When the skins begin to shrivel, the temperature may be raised to 65 degrees Celsius and the fruit left to dry completely. If your oven does not have a low enough setting, the residual heat left after cooking when the heat has been turned off will do. However, the process will then take several days.

Other appropriate places to dry fruit are in an airing cupboard or over a central heating boiler. Several electric and solar food driers are available on the market.

To Freeze Apricots

Apricots can be halved or sliced and then frozen in a syrup made from two cups of sugar to five cups of water. Add 60 grams of ascorbic acid for each 2½ cups of syrup. Plunge the whole apricots into boiling water first for about 30 seconds, and peel, stone and halve or slice them.

Apricot and Bran Loaf – for the health conscious

Place the following in a large bowl and allow to stand overnight:

- 1 cup bran cereal
- ¾ cup sultanas
- ¾ cup chopped dried apricots
- ¾ cup sugar
- 1¼ cups milk

Next day add 1½ cups self-raising flour and mix well. Spoon into a greased loaf tin and bake in a moderate oven for about an hour.

Apricots in Brandy – for the less health conscious

- 12 large apricots
- 2 cups water
- 1 cup sugar

¼ cup brandy

Peel and stone the apricots and cut into halves. Boil water and sugar for 10 minutes. Reduce to simmer, then add the fruit carefully and simmer until the fruit has absorbed all the syrup. Be careful that this does not burn. Sprinkle with brandy and allow to cool. Chill in the refrigerator and serve.

Apricot Wine – for the adventurous

This makes a medium dry white wine

- 2 kg fresh apricots or 500 grams dried apricots
- 1½ cups chopped raisins
- 1 Campden tablet
- 1 tsp pectin enzyme
- 1 cup of cold strong tea
- 1 yeast nutrient tablet
- wine yeast
- 5 cups sugar

Wash the fruit, discard the stones but do not remove the skin. Chop the fruit into small pieces and place in a plastic bucket (with a lid) or a beer fermenter. Add the raisins, Campden tablet, pectic enzyme and 18 cups of water. Close the lid (but do not fit an air lock) and leave for 24 hours. Then quickly remove the lid and add the cold tea, nutrient tablet and activated yeast. Replace the lid (no air lock) and leave in a warm place for seven days, stirring the contents once each day.

Then, using a sieve, strain off the liquid into a clean container. Put the remaining pulp into a bag (linen or similar) and squeeze out as much juice as possible into this same container. Stir in the sugar, then quickly siphon into a prepared fermentation vessel, filling to two centimetres of the cork. Fit an air lock and leave to ferment in a warm place for approximately three weeks.

Rack, and store for at least six months then bottle. Keep this wine for a year before drinking.



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WA	(09) 071 3126

LEAP TO PERMACULTURE

by Jeni de Hayr, Nambour, Qld.

These days every parent must feel more than a little concerned about the future for their children. I'm a parent of an eight year old boy named Jak. He is confident and enthusiastic. A confidence and enthusiasm I hope he can maintain all his life. Many teenagers in Australia aren't feeling that confident or enthusiastic about the future, in a time of their lives when looking to the future is clouded by unemployment and environmental devastation through war and neglect. They have little to do with their time and are spending endless hours in front of televisions or getting into trouble through being misdirected. However there is some hope and some young people are taking the LEAP.

I'm thirty years old and when I was a teenager life was grand, the environment appeared gleaming and the waters cleansing. All of my friends had jobs, it was an age of information and people were moving ahead at a pace unseen before. Now it appears to our young people that the materialistic, must-have age is a time from the past, with the prospect of obtaining long-term employment or finance bleak.

Timber and water are fast growing businesses in the 1990s, with very few benefiting. These commodities will become unobtainable if not enough thought is given to further planning of these resources. Environmental planning must be

considered carefully and our young people have many good ideas on how to help.

Recently I have begun working with 120 young people on the Sunshine Coast. These teenagers are training with The Sunshine Coast Environment Council's LEAP (Land Environment Action Programme). They work under group leaders and there are ten groups in all.

Part of the training programme with LEAP includes spending eight days at Crystal Waters Permaculture Community, set in the magical area on the Conondales. Here they go through training in permaculture principles and practices.

While visiting groups I was educated in the obvious benefits of permaculture. In the time the LEAP participants spent at Crystal Waters they discovered aquaculture. 'It's not a colour additive to yogurt you know,' said one of the participants. 'It's fish farming, see that dam down there, full of fish, this big.'

They had constructed greenhouses, fishing lines, didgeridoos, flutes - all from bamboo growing in the area, as well as chicken houses that move about on areas of land to prepare fertile soil for planting herbs and vegetables. They made a mud brick dome which utilised the soil from the land levelled for the structures to form the bricks needed.

They had all had a chance to cook, wash up and discuss the principles of



permaculture, the environmentally caring lore. The co-operation with nature and each other showed clearly in their smiles.

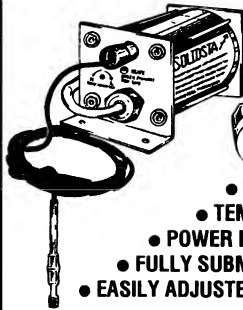
When the LEAP teenagers participated in a community building workshop, they expressed a need to design an area where they could make noise and music and the designs of natural sound-reduced areas to cater for their needs were well thought out. The designs offered an aspect to community building perhaps not considered often.

Permaculture is a system you can use anywhere. LEAP trainees say, 'It's brilliant, it's cool.' With all the talk on the environment and the problems we are facing they believe it makes a lot of sense. It's these young people who will impact on the future of our planet.

LEAP projects are funded by the Department of Employment, Education and Training. Any authorised training organisation can apply for funding.

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HOMEMADE WIRE STRAINER

by Harold Baum, Kewarren, Vic.

I would like to share with other readers an easy to make and use fence wire strainer. It is cheap, safe, and has been in use for generations in my family. The strainer is made from two pieces of 19mm steel pipe, both approximately 50cm long. Join with a weld to a T-shape as in figure 1.

Drill holes about two-thirds of the way along the strainer away from the handles. It is better if the holes go through both sides of the pipe. Hole size depends on wire size – you want a snug fit but not tight. Drill as many hole sizes as you need.

To use see figure 2. Thread wire 'A' through loop in wire 'B'. Place end of wire in selected hole in strainer as shown and turn handles clockwise. When wire is sufficiently tight, place hands on 'D' and 'E' and unroll wire 'A' back on itself. When part unwound, grip wires together at point 'C' (figure 3) with pliers and hold while you finish unwinding the wire (or cut it). Keeping a good grip on the pliers twist end of wire

'A' around itself to form a finished loop (figure 4).

To strain barbed wire simply add a length of round wire to one of the barbed wire ends (figure 5) and strain as above. Once one gets the hang of this strainer it is very quick and easy to use. It will strain to any tension, to breaking point in the wire, with ease.

Figure 1

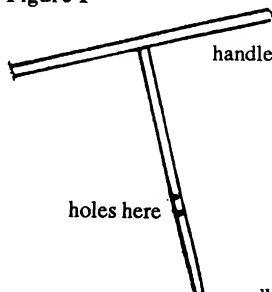


Figure 2

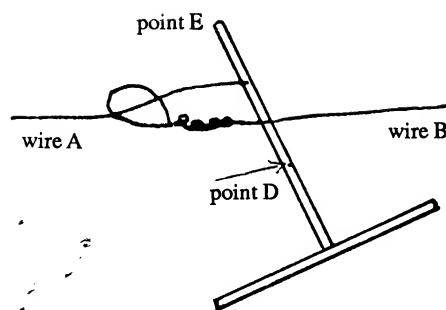


Figure 3

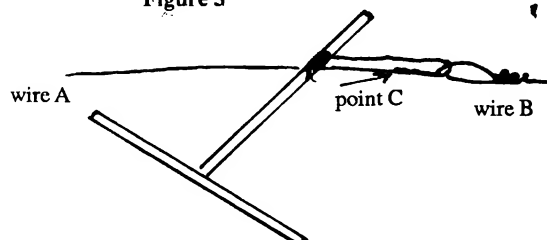


Figure 4



Figure 5: Joining Barbed Wire



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CANDLE MAKING HOBBY AND COTTAGE INDUSTRY

by Liz Thompson, Drysdale, Vic.



Once upon a time, at the dawn of civilisation, a woman complained about the lack of lighting on the evening meal. The following day her husband, who was a self-sufficient handyman, dipped a reed from the river in some animal fat and, when it had hardened in the cool air, he stuck the reed into a clay pot, placed it on the rough hewn table and lit it with a twig from the fire. She was extremely pleased with him and they enjoyed their first romantic candlelight dinner. This started quite a trend, which thousands of years later we still enjoy.

Well . . . it may have happened that way. We do know the first candles were made from reeds or rope dipped into tallow and, ever since, people have read, written wondrous books and poetry, prayed and made love by their soft glow.

Tallow was used until beeswax was found to be an excellent alternative. But, because beeswax was so expensive, it remained in the exclusive use of the rich and the church. Tallow candles smoked badly and evidently gave off an odour that even the hardened medieval nostrils found offensive. In the 1850s stearin and paraffin wax were produced and at last the ordinary person was able to use a candle that gave a clear light and no odour.

To this day, we still have candles burning at traditional times such as birthdays and Christmas. Many people use them for mystical ceremonies as well as creating a loving, calming atmosphere in the home. What better reason can there be for making your own?

Making candles is a little like cooking. It can be as simple or as complex as you wish. It can be a hobby or a profitable cottage industry adding not only to the pleasure of your home, but to your earning power. I have been making candles for about 10 years and I am still learning. So do not expect to learn all you need to know from one short article. However, I hope you will be encouraged and enthused.

Before you begin please make sure you are wearing old clothing because should you splash, the wax can be very difficult to remove from some fabrics, particularly wool. Also make sure you are wearing shoes. A spill of hot wax on a bare foot will keep you hopping for some time.

Cover the benches and surfaces you are going to work on with a thick layer of newspaper. You may use any heat source, but remember you are working with a highly combustible substance. It

should be treated with the same care as cooking oil. I have a marvellous friend who attends a lot of garage sales and she has picked up a couple of old electric frypans in working order. These are cheap and give good temperature control as well as being safe to use.

GENERAL EQUIPMENT

Wax

Paraffin wax is the cheapest of all waxes. It comes in various grades and melting points. Most candle making wax melts between 55 and 60°C and is obtainable in blocks from craft shops. This of course is not the way to buy wax if you wish to go into bigger production. A list of wholesale supplier follows for anyone wishing to start up their own cottage industry. My wax comes in five kilogram slabs which I break up with a hammer.

Stearin

This is a wax additive that is necessary to melt some dye colours. It also acts as a wax hardener and prolongs the burning time of the candle. It is not always necessary. You should consult your wax supplier on this matter. It is harmful to latex moulds.

Wicking

Most craft shops will have supplies of wicking. Remember, you must adjust the size of your wicking to the diameter of your candle or you will have burning problems.

Dye

For the hobbyist, small amounts of dyes are available from craft shops or you can use children's crayons or a lump from a commercial candle. Commercial dyes are expensive, the best come in powder form. They can also be highly toxic!

Moulds

These are available commercially but very satisfactory ones can be made from cans (with the tops cut off), milk cartons (cut to size), clear rigid plastic containers. In fact any shape that takes your fancy provided that the sides are straight or the base (of the candle) will be wider than the top.

Miscellaneous

- Wooden skewers for holding wicking.
- A sugar thermometer to help you control the temperature.
- Cooking spray to use as a release agent.
- Large enamel, stainless steel or aluminium container for melting your wax. I prefer enamel containers my garage sale attending friend has bought for me.
- Small amounts of plasticine, Blue Tac or soft clay.
- Decorations, fragrance oil etc.

DOWN TO WORK

Preparation

Place the pan in which you wish to melt the wax onto your frypan or element. Keep the temperature low. If you have a thermometer use this to keep the temperature at about 70°C. Melt 10 percent

stearin to the volume of wax. You do not have to be meticulous but make a good approximation. Add the dye to the stearin; once this has melted and is absorbed with no lumps, melt the wax to just above the temperature where it begins to form a skin on the top, like milk. Stir with a wooden spoon or smooth stick. To test your colour, try a little on a saucer. When it has cooled you will know the colour you have made and can adjust it if necessary. Return the sample to the pot and remelt it. When you are happy with the colour, maintain your wax at a stable temperature and prepare your moulds.

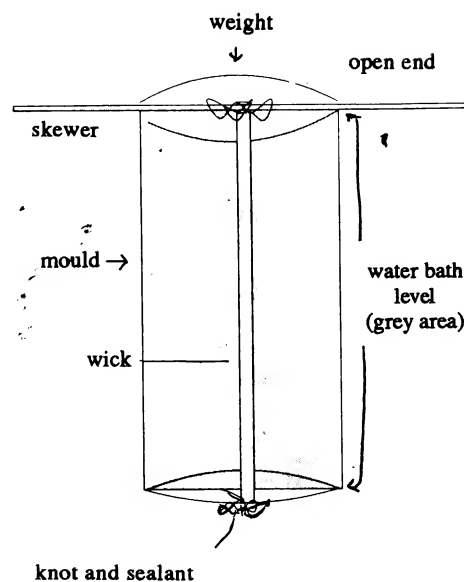
Preparing Moulds

- Spray metal and plastic moulds lightly with cooking oil.
- Make a hole for wick at the bottom centre of the moulds. If you have chosen clear plastic or glass you will have to perhaps weight the wick with a metal washer.
- Cut the wick at an appropriate length for the mould, about five centimetres longer than the actual mould itself.
- Prime the wick by soaking it in the melted wax for a few seconds until all the air bubbles are out of it, then place it aside on the bench to cool and harden.
- When the wick is cool, thread it through the hole in the mould and tie a knot to prevent slipping through. Seal around the knot and the hole with plasticine.
- Wind the other end around the middle of a wooden skewer and place this across the opening of the mould (see fig 1).

Pouring Your Candle

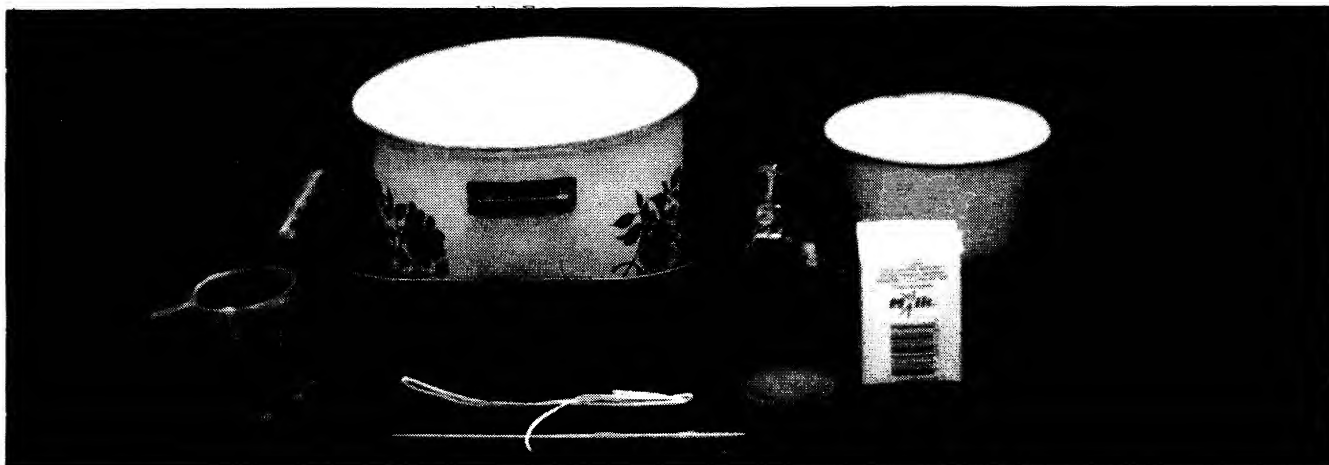
If you wish to perfume your candle, now is the time to add fragrance oil. About 10 millilitres to the litre. Stir until you are sure it is thoroughly mixed.

Figure 1: Preparing The Mould



Using an old mug (plastic or enamel) pour the wax into your mould slowly. Try not to create bubbles as this will spoil the surface of the candle.

If you wish, you can place the candle into a shallow bath of cool water to help hasten the process. Do not make the bath too deep as the candle may float and tip over. Or weight it down with something. As the candle cools, you will see it begin to sink in the mould. Pierce the top with a skewer and pour in some more wax until the surface is almost level, repeat this process until the surface stops sinking. Allow the candle to cool completely. When cold, snip the knot and remove the seal. If using milk cartons, simply peel them off. Level the bottom of the candle off on a hot pan until satisfied that it will sit straight.



Equipment can be safe and simple. I prefer using an electric frypan and enamel containers. Keep them scrupulously clean.

Polish the surface, if it needs it, to remove any flaws. Congratulations, you have made a candle!

If you experience difficulty in removing your candle from a metal or plastic mould, place it in your fridge for around half an hour, then try again. Hot sultry weather can cause problems in this way. While cool from the fridge, it is a good time to improve the surface finish if it needs it with a polish with either a damp tissue or an old stocking.

Having made your first basic candles you are now ready to blossom forth into all the areas available to the imaginative and enthusiastic crafts person.

VARIATIONS

Taper Candles

If you wish to make a pair of taper candles to fit into the heirloom silver candelabra that Grandma left you, cut the wicking into the length required for a pair of candles, plus about eight centimetres, and melt your wax in a tall container. When the wax is ready, dip the wicking into the wax for around five seconds, then withdraw it for about 30 seconds, allowing it to cool and keeping it straight. This process should be repeated until the candle has been built up to a suitable diameter (or your arm has gone into spasm, whichever happens first). After the final dip, the candle should be hung somewhere where it can cool down evenly. When cold, level off the base and trim the wicks.

Insect Repellent Candles

While not being the most romantic, these are very practical for the summer months. I add about 30 millilitres of citronella oil to four litres of wax. These work well in still air but if they are to be used outside, a pottery, tin or glass noncombustible container is best.

Perfumed Candles

These can be a wonderful source of pleasure in the home, not only adding a pleasant fragrance, but dispelling mustiness from rooms and helping in sick rooms.

Sand Candles

Prepare a tray of damp sand and create your own shapes in the sand. Secure your wick and pour in the hot wax. The hotter the wax the thicker the sand container.

Ice Candles

These are made by pouring wax over broken ice cubes. A central core candle should be placed in the centre of the mould and ice piled up around it, pour in the wax and wait for the wax to cool and

the ice to melt. Thoroughly dry the wax before burning the candle.

Water Candles

These can be very spectacular, and, as I have found when the creative urge has been upon me, they can also be frustrating and painful. Place a core in a dish of hot wax and plunge them into a sink of cold water. This takes a brave heart but the wax forms interesting and dramatic shapes.

Novelty Candles

Hundreds of novelty shapes can be made by using commercially available latex moulds. However do not perfume these candles as the fragrance oil will damage the mould, as it will all plastic moulds, in time, also use less stearin.

Floating Candles

Made from commercial moulds usually, but small jelly moulds will make pretty shapes.

COMMON FAULTS AND PROBLEMS

Candle spits while burning: water in candle wax.

Candle will not come out of mould: not enough stearin, cooling too slowly, weather too hot (put candle in the fridge), did not use release spray.

Candle smokes: wick too thick for diameter of candle.

Wick keeps drowning: wick too thin for diameter of candle.

Excessive dripping: drafts, wax too soft (this is a problem with many of the cheap imported candles).

Small flame: too much dye pigment, wax very hard or wick too small.

Enjoy the subtle romantic glow that only a candle can give, but please remember to always place it on a stable,

noncombustible surface, and never leave the candle burning where it cannot be observed.

List of Suppliers

This list is not complete and will only include suppliers I have personally used or know of.

Wax

Dusseck Campbell, 144-152 Fitzgerald Rd, Laverton Vic 3026.

They also have a Sydney and Auckland depot but should only be contacted if you wish to buy more than 25-50 kilo at a time.

Grove Glass, 87 The Terrace, Ocean Grove, Vic 3226, Ph: 052-551-553, or fax: 052-562-417.

Hands at Work, 28 Viking Court, Cheltenham, Vic 3192.

Gumleaf Aromatics, Factory 7, Melba Park, Lot 1 Beresford Rd, Lilydale Vic 3140. \$100 minimum wholesale order applies.

Rynes, Classic Candles, Nowra NSW 2541.

Wickings

Grove Glass, as above.

Gumleaf Aromatics, as above.

Hands at Work, as above.

Dyes

For commercial quantities:

Kraft Colour, Factory 11, 72-74 Chifley Drive, Preston Vic 3072.

For Dye Blocks:

Grove Glass, as above.

Hands at Work, as above.

Gumleaf Aromatics, as above.

Fragrance Oils

Auroma Pty Ltd, 39 Melverton Drive, Hallam Vic 3803.

Hands at Work, as above.

Candlemaking Kits

Including all the above plus a small re-usable mould (enough product to make 12 small candles). Small kit available also.

Grove Glass, as above.

Moulds

A local plumber or sheet metal factory can supply material to make cylinder, pyramid or cone moulds. Round moulds can be obtained from American suppliers.

CANDLE GREASE

Candle grease can be removed from a wooden surface by softening it with a hair drier. Remove it with a paper towel, then wash with a solution of vinegar and warm water. Dry and polish.

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Dept GR, PO Box 155, Daylesford 3460. Ph 054-239-225.

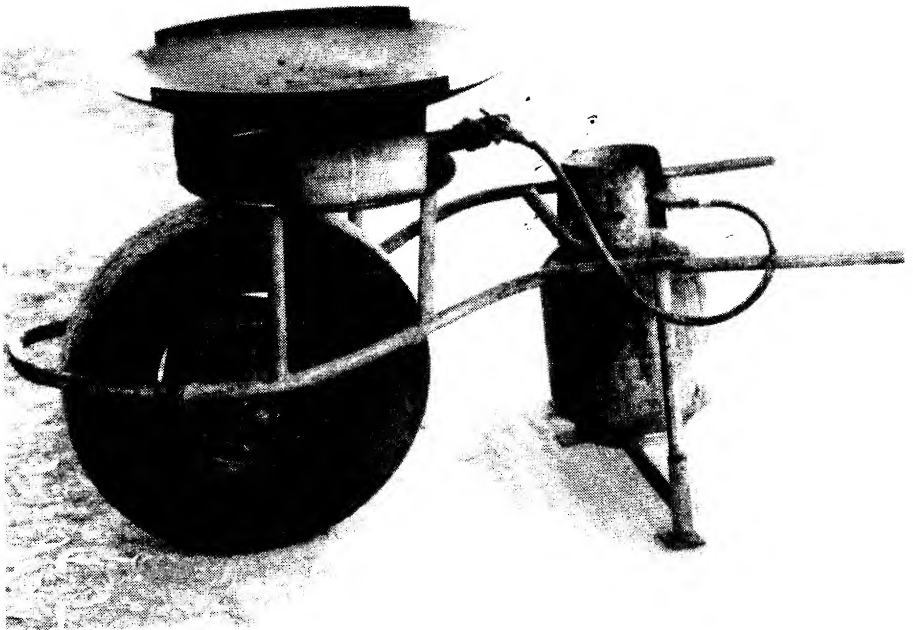
RECYCLED WHEELBARROW BARBECUE

by Pamela and Herman Odijk, Mount
Morgan, Qld.

We thought that this handy barbecue was just great when we saw it in a Queensland caravan park recently. Actually they had many of them which were made available to campers on non-powered sites.

It is very sturdy, and stable, as easily moved as a wheelbarrow – even a child can wheel it across the lawn, and it has all the usual safety features (gas bottle connections and valves) of the more expensive garden barbecues which cost hundreds of dollars. The top has a removable plate over a gas ring – all welded to where the barrow once was.

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THE GREAT GRANADILLA

by Susan Hands, Innisfail, Qld.

The granadilla seems to me to be synonymous with the tropics, certainly with my childhood in the tropics. Perhaps it is the size of the fruit that lies, indelible, on my memory. After all the fruit is the size of a child's head, and, hanging down off a trellis, they would have been rather obvious – especially when the said child was not permitted to touch.

There is a small-fruited granadilla (*Passiflora quadrangularis*) and a large fruited granadilla (*P. quadrangularis* var *macrocarpa*). Both are native to tropical America but have been grown in the tropical north of our country for many years. The variety I remember is the larger fruited one. When ripe they were a beautiful soft yellow.

The two have similar flowering and fruiting habit, but the fruit of the small-fruited variety is 15 – 20 centimetres long while the fruit of the larger variety can sometimes reach twice that length. The smaller variety contains more seed pulp than its larger cousin, but the latter has the thicker and better flavoured flesh. We like them both, but they are not the easiest of fruit to grow and when they are growing so many other creatures like them as well.

The granadilla is a tropical fruit and needs high temperatures and high humidity to fruit. It grows best on fertile, well watered yet free draining soil. Because of the difficulties in growing the fruit and because it's not the world's greatest producer it is mostly grown as a backyard plant where it is supported on a horizontal trellis, usually about two metres wide. Space out plain wire at about 40 – 50 centimetre intervals across the top of your trellis. The trellis must be well stayed and a good strong structure, for granadillas are large fruit and if you get a large crop – well here's hoping.

The granadilla may be grown from seed or from cuttings. The seeds can be obtained from a neighbour or from a granadilla bought at your local fruit store. Seed should be planted fresh and germination takes place in 14 – 21 days. The

seedlings will be ready to set out onto a trellis when they are 20 – 30 centimetres in height.

During the summer wet season cuttings strike readily. They should be cut in lengths of 30 centimetres from vigorous lateral branches of the vine. Remove leaves on the lower two-thirds of cutting and plant in well prepared soil or potting mix. Young plants grow well and quickly if they have something to climb on – we once used an old bed frame; didn't they shoot up that! Mulch around your plant as regularly as possible for they love organic nitrogen. The fruit is set on new wood. Fruit in all stages of development can usually be found on a vine at any season of the year. The small-fruited variety sets freely by natural pollination, but the larger variety usually needs hand-pollination. The best results are obtained by pollinating the flower four to six hours after the buds open. A feather can be used to pollinate, or any other similar light fluffy object.

The period from flowering to fruit maturity is usually 11 weeks, maturity being indicated by a change in colour from green to yellow at the apex of the fruit. The fruit can be clipped from the vine or screwed round a few times until the stem snaps – take it easy if you're using the second method as you don't want to go wrecking the vine.

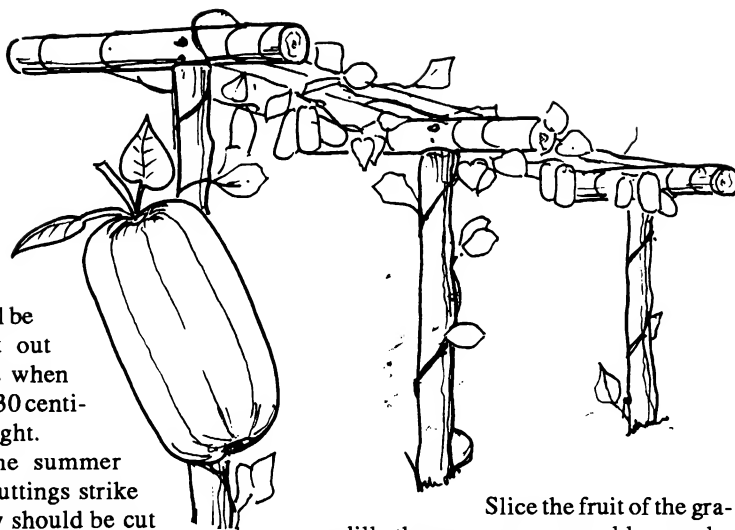
We cover our fruit while it is maturing as they are very susceptible to insect attack, flying foxes and other aerial predators.

Oh but they are lovely to eat, finger lickin' good.

GRANADILLA RECIPES

Granadilla Pie

granadilla
1 apple
juice of 1 lemon
cloves
1 tbsp sugar

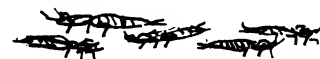


Slice the fruit of the granadilla the same as you would an apple, put into a pie dish with sugar, lemon and sliced apple. Allow to cook for half an hour, then cover with a nice puff pastry and bake in a moderate-hot oven for half an hour. When serving, place the scooped out seeds around the plate.

Baked Granadilla

granadilla
dripping
salt & pepper

The granadilla can be used as a vegetable as well as a fruit. Get a granadilla that is still fairly firm (just turning ripe), cut into quarters then cut each quarter again. Put into a baking tin, sprinkle well with salt and pepper, put some dripping into the tin. Bake in a moderate oven for approximately twenty minutes.



EARWIG CONTROL

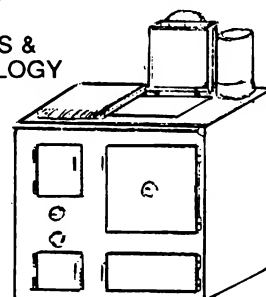
Float a small amount of linseed oil on water in a margarine container. Place in the garden where earwigs are causing a problem. They are attracted to the linseed oil, fall in and drown.

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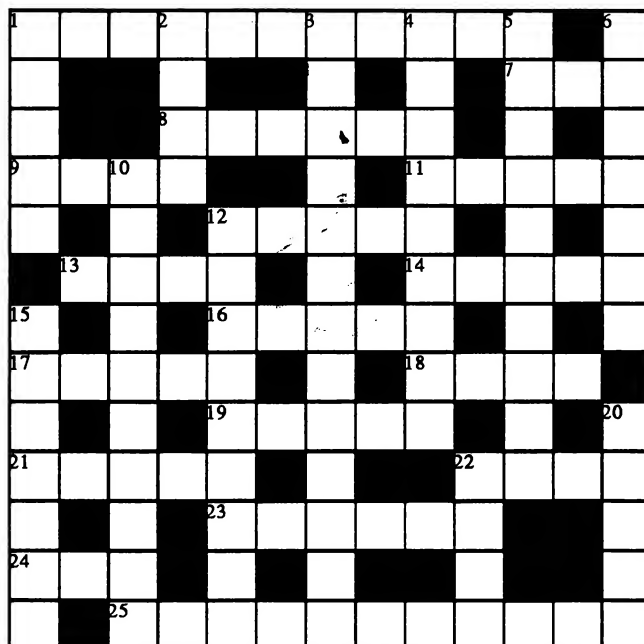
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CRYPTIC GRASSWORD

by M Riley, Tanjil South, Vic.

- Across
- Declines to fight (11).
 - Self in 'Too True to be Good' (Shaw) (3).
 - Many horsed around here (6).
 - China feature of this (4).
 - Support for the House though Lords would declare it out (5).
 - Steer could be a hit but not on a cattle station (5).
 - Sounds like run-away in sect could be a pest (4).
 - Backward firm (5).
 - Sounds like food for contacts (5).
 - Lady on a crane (5).
 - Leave out of comity (4).
 - Take a turn in a wake (5).
 - Inappropriate to be sick (5).
 - Note found in spouse's pyjamas (4).
 - Land in water (5).
 - She can be found in Hervey Bay (3).
 - Pit against a cleaner ship (11).

- Down
- Pads in short pants (5).
 - Anguish of Rachel (4).
 - Falsified accounts of old spouses (3,5,5).
 - Press so so about owner (9).
 - Don't take advice when down in the dumps (6,4).
 - Not alone in this business (7).
 - Take-away hurts agent (10).
 - Eternal punishment for mother country (9).



- Goes in ahead (7).
- This drink used to be apples (5).
- Border knowledge has an advantage (4).

Solution on page 74

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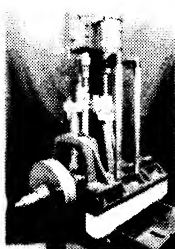
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A VEGIE PATCH FROM SCRATCH

by Mary Horsfall, Longwood East, Vic.

Watering becomes a major consideration over the summer months. For those not on town water it is particularly important to suit any fixed sprinkler system to the size and shape of the garden bed. When growing directly from seed, keep the bed, or area, damp with frequent light sprinklings, but as plants develop water more deeply and less frequently to encourage deep root development.

To keep beds of small, shallowly sown seed, such as carrot, moist until germination, cover the area with hessian or shade cloth (held down by garden stakes) until shoots appear. Remove the cover at dusk to allow the tender growth to adapt gradually. Water at least twice a day in hot weather for the first couple of weeks of growth.

To conserve water, mulch plants well with whatever organic material you can acquire, even weeds. Take care not to place mulch around the stems, especially of young plants. Fertilise at regular intervals with a topdressing of compost, or other organic fertiliser. Tomatoes will benefit from a generous sprinkling of potash, or ash from a wood fire.

Carrots dislike generous fertiliser application, so grow them in an area fertilised for a previous season's crop and don't add any fertiliser at all to this area until after the carrots are harvested.

Keep your compost damp by watering it every few days in hot weather. A covering of straw or similar will hold the moisture in.

For a clean harvest and undamaged plants remember to stake and tie tomato plants as they grow.

GRASSHOPPERS

Many areas experience problems with hoppers from late spring through to the end of summer. My articles on pest control in GRs 108 & 109 will be helpful in dealing with these and other pests. A diverse ecosystem within your garden (and hopefully surrounding gardens) is the long-term solution which we can all be working towards. In the meantime, don't despair, there are other strategies to try. The first is to protect all vulnerable seedlings with a physical barrier such as a large fruit can, top and bottom removed, with panty hose or an onion bag stretched over the top. Interplant

herbs throughout the vegetables. Keep poultry in a run close to the vegie garden. Guinea fowl in particular are good hopper catchers. Grasshoppers dislike being sprayed with water, so intermittent sprinkling or spraying when they land on vulnerable areas might succeed in moving them along.

Some organic sprays could be effective, but remember, most are nonspecific and will kill or repel beneficial insects as well, and some are quite toxic, so take care in their preparation, use and storage.

- A two percent solution of eucalyptus oil in water.
- Bug juice – does have the advantage of repelling the specific pest, but is otherwise quite repulsive. Collect one cup of the pest, in this case grasshoppers, put it in a vitamiser with three cups of water. Blend. Leave in a warm place for 24 hours. Strain. Dilute one part bug juice with 50 parts water and spray affected plants. A stronger solution can be used if needed.
- Tomato leaf spray – quite toxic, so be careful and keep it away from children. Half-fill an old saucepan with tomato leaves. Cover with water and boil. Cool, strain and use immediately.
- Chilli spray – needs to be re-applied every two to three days for continuing effectiveness. Vitamise four hot chillis, a capsicum and an onion in four cups of water. Strain and use liquid as a repellent spray. Also scatter pulp around.

VICTORIA

Peas and early beans will be producing by now. To prolong the harvest, and for tastiest produce, pick every couple of days.

Plant now, if you haven't already: both dwarf and climbing beans, beetroot, silver beet, carrot, swede, turnip, Chinese cabbage, lettuce, radish, celery, capsicum, eggplant, parsley, sweetcorn.

I've had great success with corn planted in January. Last year I tried Micropops corn from Diggers Seeds, this is the variety used in Chinese cooking. It proved to be less thirsty than sweet corn and each stalk produced repeated cobs over an extended period, despite the drought-enforced water rationing.

I feel it's too late to plant pumpkins, marrow, watermelon and canteloup in



Keep plants, such as this young silver beet, mulched to reduce heat stress and watering.

many temperate regions after December, as there is seldom sufficient hot weather for them to mature and ripen properly. Ask around your own area to see what experience local gardeners have had with these plants.

NORTH QUEENSLAND

by Susan Hands, Innisfail.

At the end of the season remember to cut up all left over matter, then if you wish to continue your no-dig garden in the next year just place it on top of the soil and apply a good sprinkling of dolomite.

Nitrogen is another trace element that has to be replaced. All your cut up organic matter helps to do just that. Another means of nitrogen fixing for us up here in the Wet Tropics is to plant the garden over with long beans for the whole of summer, or cow peas if you don't want to go round collecting beans all summer.

Growing a plant over the garden during the hot wet season also helps to hold the garden together and wards off leaching especially when the plant is as scrambling and all covering as cow pea. Some grow pumpkin vines over their garden at this stage, but these only do well if the 'wet' doesn't go on for too long.

This is the last in our series 'A Vegie Patch From Scratch'. We've taken you through a whole year, starting in GR 107. GRs 108 and 109 also contained complementary articles on organic pest control. If you missed any in the series back copies are available for \$4 each incl p&h, from: PO Box 242, EUROA.3666.

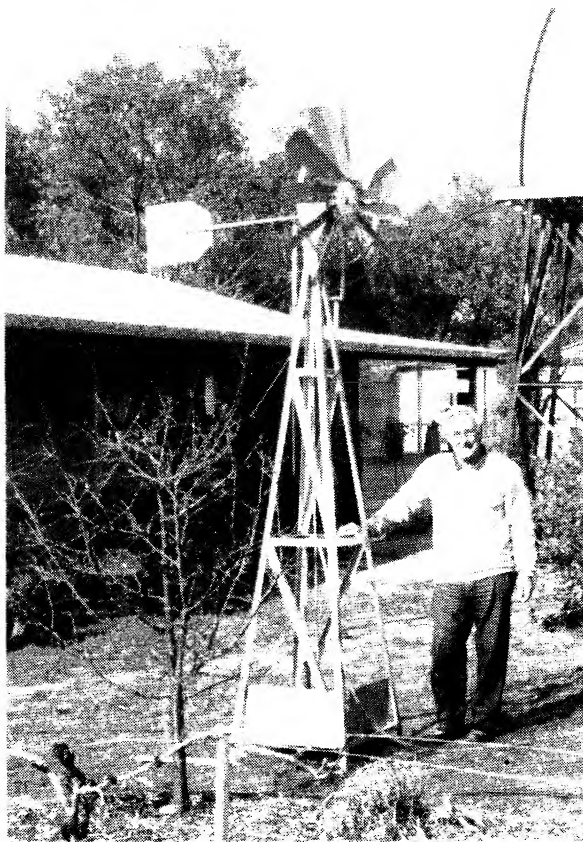
ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

MINI WINDMILL

A very common problem for people without power or on alternative power is getting water from rainwater tanks, up to the high tanks to provide water coming into the house at reasonable pressure. This mini windmill is the power saving way to overcome this problem. It has the ability in light winds to pump water over 7.5 metres high. It also is very useful for absentee land holders, as it will, in reasonable wind, handle a drip line with as many as fifty drippers on it, ensuring plants get watered when the owner is not in attendance.

Further information can be obtained by contacting:
Bob Ford, RMB 386, ST ARNAUD 3478. Ph: 054-999-262, or Gerry: 054-999-270.

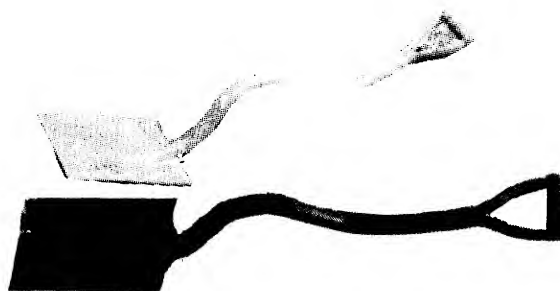


ERGONOMIC HANDTOOLS

Botanic Niche has expanded its product range from the original ergonomic shovel to include a concreter's shovel, garden fork, round/point tip bladed shovel, garden spade, square mouth and round mouth shovel, post hole shovel and short and long handled scoop.

The basic function of the uniquely shaped handle is to promote less bending and to share the load more evenly throughout the user's body. This results in a significantly improved working posture and so reduced injuries.

**For product information contact: Botanic Niche,
PO Box 1314, STAFFORD 4053. Ph: 07-350-2861,
018-889-039. Fax: 07-350-2861 or 07-852-1243.**



CHRISTMAS GIFTS

If stylish and functional hand crafted items are in your mind for Christmas gift giving, we have a couple of suggestions. *Going Home* is a catalogue of products created by Australians who either are unemployed, or were unemployed, before starting their own craft enterprises. The products include vases turned from recycled red gum farm fence posts; wrought iron fire screens, candle holders, log holders and plant holders; and hand thrown pottery, hand painted by Koorie artists.

The second enterprise is Michael Gregory Wooden Combs. Beautifully hand crafted from locally salvaged rosewood and silver ash, the combs are strong, durable and non-static. Available in a range of distinctive styles, the price (\$35 plus \$2.50 p&h) reflects the quality of the craftsmanship.

'Going Home' catalogue can be obtained by writing to: Reply Paid 0018, PO Box 277, YARRAVILLE 3013, or freecall 1-800-502-779 weekdays 8.30 am - 5.30 pm.

Michael Gregory Wooden Combs can be contacted by writing to: 48 Main Arm Rd, MULLUMBIMBY 2482.

WOMEN ON THE LAND

Women, no longer the 'invisible farmers', have made a substantial contribution to the development of rural Australia. *Cows, Kids and Calculations* is a cassette of songs, poems and quotes about Australian country women that celebrates the essential role of women from World War II to the present. Written and performed by Jill Stevens, with Gill Rees and Jan Lewis, it would make a fitting Christmas gift for a country woman in your life, or perhaps for yourself!

**Available by mail order for \$18 (p&p included) from:
Jill Stevens, 12 Lindon Strike Crt, RESEARCH 3095.**

WEED-FIX MACHINE

In GR 108 we reported on the range of Clemens Radius cultivating equipment, manufactured in Germany and available through the New Zealand distributor, The Clean Green Machine Co. Now, a tractor mounted weeding machine is readily available in Australia and has recently won an Environmental Commendation in the BHP Australian Steel Awards. Developed by Michael Fix of Fix Vegetables in Daylesford, Victoria, the Weed-Fix Row Crop Weeder controls weeds by uprooting them between the rows and smothering weeds within the rows. Four adjustable tines rotate on a vertical axis to cultivate areas from 75 to 300 millimetres and row widths from 200 millimetres. Electronic sensing equipment determines tine penetration. It is suitable for use on vegetable row crops, cotton, sugar cane, pineapples or any young row crop about 70 millimetres high or wide.

For more information contact Michael Fix. Ph: 053-482-669.

FLAMING WEEDS

Increasing interest in nontoxic weed control has brought several new flame gun devices onto the market. One of these, the Sheen Flame Gun, burns kerosene from a pressurised, hand-held tank. As the heat is applied to the weeds, the cell walls burst and the weed dies from drying out. After a couple of days the weed is completely dead. It is ideal for use along fences, edges, paths and rockeries. For more details, write to:

**Bon Trading Co, 12 Oxford St, WOOLLAHRA 2025.
Ph: 02-331-2510.**

CHEAP RELIABLE TRANSPORTATION FOR THE MECHANICALLY DISADVANTAGED

by T Clark, Brisbane, Qld.

If you know about mechanics you can pretty well pick a good car from the lemons, but if you don't there is still a way to find one and not end up with a pucker in the process. Here is a method that relies on observation and intuition rather than mechanical knowledge. If you know about cars, that is great. If you know about people, that is even better because with this approach who you buy from is just as important as the car itself. More about that later.

This technique requires three things: adequate funds to make the purchase on the spot, patience, and most importantly a lack of ego involvement in the kind of car you want. We are looking for a cheap trip not an ego trip. If you want to make a personal statement with a particular model car of a particular colour with certain accessories this technique will not work for you. If you are after a van or truck it may take longer because there are fewer of them relative to the number of cars. If you already have transportation it would be a big help but a patient friend with transportation will do.

Start by watching the newspapers or trading papers for cars for sale. In most communities some days are better than others. Saturday is typically the best day for newspapers and Thursday for trading papers. Find out the earliest time you can get the listings and if that happens to be five in the morning be prepared to go get it.

What you are looking for are Japanese cars, eight to twelve years old with less than 100,000 kilometres. These cars will fall in the \$2000 to \$3000 bracket. In the future I might suggest other brands, but for the time being stick to Honda, Mazda, Toyota and Nissan (Datsun). Usually if a car has low kilometres the ad will mention it, but low is very subjective so when you call about the car find out exactly how many kilometres it has. It doesn't matter what colour or model or if it has a stereo, just how many kilometres. There will be plenty listed with more than 100,000 kilometres but don't be tempted no matter what the ad says. They are the ones that will keep you broke as various parts reach the end of their service life. Some ads

may mention a reconditioned motor, this is not necessarily an asset so stay away.

You will notice that out of all the cars listed there may be only one or two or perhaps none with under 100,000 kilometres. If not, wait a week and look again. When you find one, call, even if it is six in the morning. Apologise profusely if you get someone out of bed, but you must call early. I guarantee that if you wait until nine it will be sold. When you arrive to inspect the car there are a few things to look for, none of which require any mechanical knowledge. A dent-and-rust-free body with good paint is one. The car you are looking for will have been kept in a garage most of its life so rust should not be a problem. Look carefully at the edges of the black rubber around the windows and under the car behind the wheels. If there is paint on these areas the car has probably been painted for one reason or another. If everything else in your inspection is excellent you may still want to consider it but only if everything else is superb.

While you are looking under the car check to see if there are any leaks. Check on the ground and on the bottom of the engine and radiator for wet spots. If you find any this is not the car for you.

Notice if the upholstery is in good condition. A combination of the sun and lack of regular cleaning is what ruins upholstery. Since the person you will be buying the car from will have kept it in the garage and cleaned it frequently, the inside of the car should be in exceptional condition. There may be seat covers but under them the upholstery is like new.

Raise the bonnet and have the owner start the car while you listen. Did it start easily and run smoothly or is it making sounds you have not heard before with good running cars? It should quietly hum with no ticking or growling. Notice if the outside of the engine is clean or covered in grime. After it has warmed up for five or ten minutes have the owner step on the accelerator hard while you stand at the rear and watch the tail pipe. Does it smoke? Black smoke is okay, any blue smoke and you need to be thinking about where you are going to have lunch. Check the tyres. Are they a



matched set? Which means they all are the same size and have the same brand name on them. Matched tyres are a sign of good tyre management. If you find mismatched tyres and they are also different sizes, for example a 165/13 on one wheel and 175/13 on the rest, leave. Push a 20 cent piece into the tread. The tread should cover the coin date.

Do the doors close with a nice solid feel and sound or do they echo? Does it look as if it was cleaned regularly and not just for the sale? Is the rest of the car consistent with the speedo reading? Check the pedals, missing or badly worn pedal pads could indicate more kilometres than the speedo indicates. If you see the metal under the rubber pad the car has more kilometres than you think. After you have looked it all over ask yourself this question. Would you let your daughter go out with this car?

Now for the important part. Not only are you buying a special car but you are buying it from a special person. The person you are looking for is a neatnick, who cares about the things in his/her environment and is generally a nice person. So look around you. Are the house and yard neat and trimmed or is the yard overgrown and in disarray with a large garage and lots of cars about? If you can spot the owner's other car look inside and see if it is neat or so full of fast food boxes you would be afraid to open the doors. I have never known a messy person who took care of their car. Yes, there was a reason Mum wanted you to keep your room clean.

When you ask what work has been done on the car do they look you straight in the eye and give you an answer that

you know is the truth or do they look down and away and begin to fidget? Shake hands with this person when you arrive. Did it feel good or would you rather have not?

Do not ask questions that can be answered with yeses and nos. Ask questions that require a bit of substance in the reply and listen to how they are answered. Are the answers straightforward and easily given? Remember if you have any ego involvement you are likely to hear and see what you want to hear and see. Ask: Why are you selling the car? What work has been done on it? (A *totally* reconditioned motor in a low kilometre car is okay.) May I see the receipts? (A neatnick will have them. You don't have to understand them, what you are looking for is conscientious care.) What needs fixing? (You may be surprised by what you find out.) How many owners has the car had? (The fewer the better.) How long have you had it? (The longer the better.) Where has the car been kept most of the time? (Covered or garaged are pluses.) May I see the RWC? (If for any reason they do not have one, leave.)

If the registration is about to expire, don't fret, this will be an advantage in a

year or so. For the time being use it as a negotiation point to bring the price down.

If possible bring cash. Offer at least 15 percent less than the asking price but don't quibble. If the owner will not come down buy it anyway.

Now that you have your car don't get too attached to it because you are only going to keep it a year. During that time you do absolutely nothing but buy fuel and oil. At the end of the year you are going to sell the car for what you paid for it and repeat the process. Do not be tempted to keep it no matter how well it is running. It is now well over 100,000 kilometres and is one of those cars you would not look at when you began this process. Since you have had it for a year and possibly the registration still has a couple of months on it now is the time to start looking for your next one. Good karma.

FUN CAR TRIPS

Some pre-planning can make long car trips bearable for children. Pack a tape recorder (with headphones) and story and song tapes. Take blank tapes so that children can record their own taped diary of the journey, including interviews and descriptions of people and places visited.

RECIPE REVISION



The author of 'Homemade Bars and Slices', from GR 110, has written to us revising the ingredients, for the Sunflower Seed and Walnut Bars. 'I'm sorry I didn't check my instructions. The recipe should actually have two teaspoons of baking powder, not four tablespoons. I hope people haven't tried it or the slice might rise above the pan. (What a mess!)

— Robyne Neal.

BYRON BAY '96

The third annual Byron Bay Arts & Music Festival will be held from Jan 5-7, '96. Seven stages run simultaneously featuring over 100 musical groups including string quartets, funk, groove, folk and pop. Other attractions are an outdoor cinema, film festival, dance pavilion, craft workshops, organic food stalls, market stalls and more.

For all information about tickets, camping, participation phone Anna Young on 02-252 3000, or fax 02-252-2283.



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DOWN HOME ON THE FARM by Megg Miller.

The first weeks following daylight saving are always a trial as the body and mind struggle with the new *modus operandi*. The extra hour of daylight shouldn't make a big difference, but it seems to. Each year I'm struck by the drive which surfaces within many of us to use this time diligently. Why we can't relax a little and use it for genteel recreation heaven knows. Instead we're out there like busy bees cutting, slashing, burning or digging our way through to darkness as though possessed by the devil himself. I write 'we' as I recognise my propensity for such compulsive activity and know I share this characteristic with many GR folk. Even with the best of intentions to take it easy, the long evenings have cajoled me outdoors where I've quickly fallen under the spell of the snip of secateurs, and the hum of the ride-on mower. Much can be achieved with a few extra hours a week, but it is debatable it's worth it when you look at the physical wrecks many of us become. Sore shoulders, scratched arms and stiff muscles all point to overdoing it. Family or friends, unaffected by the compulsion to fit in 'just one more job' shake their heads in bewilderment. Moderation is an admirable state of being and one worth aiming for. I dare say those who have difficulty with direction and motivation would be just as pleased to achieve a happy medium as those of us who shackle ourselves to responsibility and work.

A lot of my time has gone into taming the jungle which has sprung up around the place during spring. A proliferation of weeds, rampant flowers and overgrown shrubs has threatened to reclaim the garden and some of the fowl yards and cover all evidence of pathways. Not only do overhanging branches catch on hair and clothing but they house a multitude of unsavoury looking spiders, while the dense herbage at ground level provides ample camouflage for sleepy snakes.

My desire to clean away the undergrowth is not without foundation. Although it's not yet summer snakes abound in our area and already I've fallen victim to the fangs of a proprietorial Joe Blake. I was incredibly lucky as it struck at ankle height and got no further

than the thick denim of my new jeans. Two wet fang marks were a sobering reminder of how lightning quick snakes are, and I'm not taking any chances in the months to come. Cleaning up paths and alongside walkways and keeping a vigilant look-out is all I can do, but I must confess to being uneasy about the summer pilgrimage that is usually made by local snakes to the plethora of poultry houses. The mice that have created a catacomb of housing under nest boxes and feeders are fast food for hungry snakes, and together with the added attraction of nearby water, mark the poultry yard as an irresistible locale. I laughed at the suggestion of wearing bells on my ankles, but as I'm a quick light walker it may not be as silly as it sounds. Goodness, the locals will start giving me a wide berth if I forget to remove them and twinkle around town. (We know snakes are deaf, but we're sure they sense the vibration.)

The trimmed greenery hasn't gone to waste either but been voraciously gobbled up by a new addition to the place, a half tonne sow. Daisy belongs to one of the old-fashioned pig breeds whose bloodlines and numbers are barely sustainable. She is a Large Black, an old British breed renowned for its hardiness, docility and fecundity. Daisy had thirteen piglets in her last litter! Large Blacks have a reputation for being easy to keep because of reduced vision, their eyes obscured by large drooping ears and creases of fat on the face and jowls. Not being sharp eyed makes them easier on fences and less inclined to escape. Don't start feeling sorry for piggy, apparently what the breed lacks in vision is more than compensated for with keen olfactory skills.

Daisy is on an extended holiday because her owners have moved back to the city for a while. I first met her about two years ago and thought she was a sweetie. I felt in a real conundrum when I learnt of my friends' imminent move. Considering the breed's endangered status should I buy her? Could I cope with such a large beast? Wasn't I already overworked? Finally I range Margo and Clive to broach the subject. 'The black pig,' I tentatively mumbled. 'I'm sort of interested in it.' 'Good,' answered Mar-

go sounding relieved. 'We've been talking for weeks about how to approach you to look after her.'

Piggy was duly delivered by Margo's parents, and walked down the make-shift ramp into her yard with great aplomb. The old pig house had seen better days so Clive set about to reroof it. 'Only take an hour,' he'd optimistically promised, but when dusk fell later the house was unfinished and Clive was muttering about a sure way to ruin an old friendship.

It's been wonderful having Daisy, she eats all put before her with the exception of citrus peel, voraciously wolfing down brassica stalks, vegies that have gone to seed, old eggs and the aged contents of my fridge. When I broached the topic of duration of stay Clive looked distinctly uneasy and was very noncommittal. I have a nasty suspicion Daisy's stay is going to be a long one. It is just as well the garden is producing well and lots of vegies are bolting to seed; a hungry pig is excellent for devouring all the garden waste.

It is a pleasure to see the growth in the garden after the relative dormancy



Daisy checking out her new environment. In no time she had turned the yard into a minefield of craters.

of winter and so abundant are some crops that I have had enough to give away. But getting seedlings in at the right time is an art I haven't yet perfected, so half the caulies have come at once instead of being staggered over successive weeks and the rest will bolt because of the hot weather. I can see too the same will happen shortly with lettuce; although the fowls never complain when there is a glut of leafy vegetables. The summer crops are going in as the brassicas and broad beans are harvested, the seedlings having been coddled in the hot box pictured last issue and then hardened off. Two interesting varieties I'll look forward to are a tomato that matures green in fruit colour rather than red, and reddish-brown coloured corn.

Prolific growth can also be observed amongst the spring hatched chickens and goslings. The latter are immensely rewarding, literally growing as you watch them. Fourteen goslings were hatched in the incubator and naturally under a couple of geese and although they vary somewhat in age all have been kidnapped by a particularly clucky couple. They hatched out three themselves and obviously espouse the philosophy that a large family is no more demanding than a small one.

To boost their numbers even further mother goose has returned to the nest for a second setting, leaving father in charge of the family of fourteen. This week another couple fronted up with a lone gosling, but so far there has been no evidence of gosling snatching; perhaps father goose feels his hands are full! The rest of the goose flock have put their quarrels aside and settled back into somnolent days of grazing and swimming. The air may be rent with discord soon because the aforementioned Margo and Clive are due to drop off their small Toulouse flock for caretaking. Hopefully the disputes will not be long lived – there is plenty of room for them to live contentedly side by side.

The young chicks and turkeys are bursting with health and are slowly being introduced to free range. Although I've mowed the grass to lawn level I've left swathes of uncut areas so the little birds can find refuge in them from crows, hawks and pugnacious guinea fowl. Surviving the great outdoors is no mean feat as danger lurks everywhere, especially if you display pale plumage. The dog keeps an eye open for aerial predators and acts protectively if they appear,

but after a night out on fox control she tends to be halfhearted. I'm considering amalgamating the light coloured chicks in a deep litter shed so I rear the optimum number, having lost many in previous years. The incubator is still chugging along, although the numbers of eggs it contains is vastly reduced. Lots of the early hatchlings are males so I have my fingers crossed the eggs setting now will carry a high percentage of females. I've not found egg shape to be a reliable correlation to chick sex but would love to hear readers' theories on this subject. Any success stories with dowsing?

As the days become warmer and warmer it's clear Christmas has snuck up unnoticed again. At the risk of being repetitious: where has the year gone? Sunshine is now 21 and a fully fledged adult and is proudly and confidently driving to uni in her recently acquired second-hand car. Exams and overdue essays are keeping her desk bound, but in a few weeks she will be free and busily moving into a new flat and starting a new part-time job. She is tired out after years of studying and a difficult third year, and David and I have encouraged her to take time out next year before decided upon a future career. 'You mean I can enjoy some youth before it's gone,' she chortled. I'm sure she will benefit from the free hours left over after her part-time employment. As to Christmas and how we will celebrate it, we haven't had time to think about let alone discuss it. Something relaxed and simple and healthy is my prescription. I've been looking out for and visiting local fetes and markets and have acquired a bower of gifts that need the individual touch to finish them off properly. I suspect it would be much cheaper and quicker to go out and buy ready-made gifts, but simply cannot resist the lure of DIY even if it just involves applying the finishing touches. The lavender in my garden is laden with blooms, just ready for harvesting and the tarragon is perfect for homemade vinegar.. Oh dear, I'm off again, who will I give all these homemade gifts to? And what about all the half-finished presents from other years that fill the drawers and bookcases and cupboards? Perhaps what I need is to give this year are FIY presents – gifts you finish yourself. That way I can clear out the backlog in readiness for squirrelling away a new lot of perfect presents for Christmas 1996.



PENPALS

Hello my name is Jessica, I am 12 years old. My hobbies are gymnastics, horse riding, swimming and playing tennis. I live in Tasmania and would like a pen friend around the age of 10-14, girl or boy, who lives anywhere.

Jessica, C/- PO Box 242, EUROA 3666.

Hi, my name is Holly, I'm 10 years old. I like reading, writing, skating, swimming, singing and playing the keyboard. I would like a penpal around my age so pick up your pen and write to me.

Holly, C/- PO Box 242, EUROA 3666.

Hi, my name is Juliet. I'm 11 years old. I enjoy swimming, reading, singing and playing card games. I'd like a girl penpal around my age.

Juliet, C/- PO Box 242, EUROA 3666.

Hi, I'm Zan. I'd love to hear from any freindly, down to earth people, of any age. I enjoy being a mum, music, crafts, making jewellery, living in the bush and a good laugh.

Zan, C/- PO Box 242, EUROA 3666.

Hi, my name is Sarah. I'm 13 years old. I like reading, writing and I love cats, lions and tigers. I would like a penpal of any age or sex. So write to me. I will answer all letters.

Sarah, C/- PO Box 242, EUROA 3666.

Hi, my name is Shauna. I am 9 years old. I live in Alice Springs. I do gymnastics and I also like playing netball. I would like penpals between the ages of nine and twelve.

Shauna,

C/- PO Box 242, EUROA 3666.

TRAVEL SICKNESS

Chop up half teaspoon fresh ginger, dust with powdered cinnamon and bind together with honey. Take before a journey.

CRYPTIC GRASSWORD

Continued from page 68

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Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

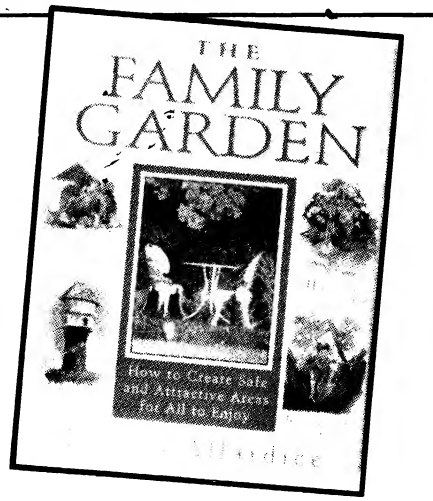
★ FEATURE TITLE ★

THE FAMILY GARDEN – Pamela Allardice.

We often see garden books that advocate neat, aesthetically pleasing design and pretty planting choices, but in reality many of us have gardens used by people who have little regard for such gardens – our children! They want gardens that are fun to play in, where they can build cubbies, ride their trikes, wrestle with the dog, dig in the sandpit, grow interesting plants, and pop the seed pods of your prize fuchsia! How can you create a garden that combines all those elements, without being a danger zone, and provides an attractive relaxing and entertaining area for you as well? Prolific author, Pamela Allardice,

has come to the rescue with this book. She looks at design features such as outdoor living and entertaining areas, swimming pools, pathways and paving, rockeries, tree houses, swings and outdoor toys. Throughout the book there are tips to encourage your children to enjoy the garden as well as chapters of crafty nature ideas, child's play, animals in the garden and poisonous plants to avoid. This is an imaginative book that gives practical information and inspiration in creating a pleasant, safe but interesting garden for all members of the family.

H/b, 176pp, Angus & Robertson, RRP \$35.
Ph: 02-952-5000.



PESTS, DISEASES AND AILMENTS OF AUSTRALIAN PLANTS – David Jones & Rodger Elliot.

The theme of this book is, 'To learn the name of that creature before you take the steps to kill it, because you might be doing yourself a favour by leaving it alone.' You don't have to guess what pest or disease is causing a problem; instead you check a chart of symptoms which are cross-referenced to the text. Colour photos and detailed line drawings ensure accurate identification. Then the safest control technique can be chosen, with the emphasis on ecological balance. A valuable reference book.

P/b, 333pp, Lothian, RRP \$39.95. Ph: 03-9645-1544.

THE BUSH GARDEN – Esther Wettenhall.

This is the story of how a woman created and maintains a garden which is uniquely Australian, that attracts native wildlife right up to her door. The author describes the process of setting up her garden in a chatty, friendly style. This is not a guide book, but rather a story book to serve as inspiration. It has whimsical water colour illustrations and colour photos.

P/b, 144pp, Hyland House, RRP \$24.95. Ph: 03-9696-9064.

GOOD FOOD FOR KIDS. BEYOND THE JAM SANDWICH. Healthy Food Ideas For Children Aged 5-12 Years. – Anne Hills & Penelope Stone.

With delightful illustrations, sound advice and over sixty simple, nutritious and delicious recipes, this book is a welcome addition to the parenting library. It covers all the key issues relating to feeding children, including the ones that are hard to cope with: fussy eaters, overweight children, snacking, food allergies, fast food demands and foods to nourish children when they are sick. It also gives ideas on fun food activities and how to get your kids to eat (and like) healthy foods.

P/b, 127pp, Angus & Robertson, RRP \$14.95. Ph: 02-952-5000.

SUSTAINING OUR FORESTS – Kara Joss

When discussing the use or misuse of our forests, five key questions are raised: how much forest is left, who is responsible for the forests, how does the timber industry operate, why protect the forests, and, how can we sustain our forests? The author, active in the forest conservation movement, gathered information from many sources, including government reports, in order to provide some answers to these questions. It makes interesting reading, allowing readers to draw their own conclusions from the evidence presented.

P/b, 121 pp, enquiries to: Kara Joss, 16 Lawrence St, Blackheath 2785.

PLANTS WITHOUT POISON, GROWING VEGETABLES ORGANICALLY – Paul Healy.

This book is written with almost evangelical zeal, so passionate is the author's belief in the need to grow organically. A glance through the pages reveals a wealth of advice ranging from the humorous, 'Making compost is not quite as good as sex, but is the next best thing.', to the challenging, 'It's time for city gardeners to forget their prissiness and to begin to take a responsible attitude to all of the waste coming out of their households.' There are sensible suggestions for gardeners who don't have large spaces, an A to Z growing guide for specific vegetables and information on pest and disease control, soil preparation, mulching, fertilising and companion planting.

P/b, 164 pp, Lothian, RRP \$19.95. Ph: 03-9645-1544.

OSTEOPOROSIS. THE SILENT EPIDEMIC – Dr Leonard Rose.

Dr Leonard Rose has treated hundreds of patients with osteoporosis. Now he has put his experience and knowledge into this book to pass on the message that this crippling condition is both treatable and preventable. The figures show how important it is to be aware of the lifestyle changes people can make to decrease their risks. It draws on recent Australian research and details the latest recommendations for treatment, including the use of bone-preserving therapy. It includes case histories, a glossary, useful lists and a description of resources by state.

P/b, 241pp, Allen & Unwin, RRP \$17.95. Ph: 02-901-4088.

THE AUSTRALIAN NATURAL HEALTH DIRECTORY – Pamela Allardice & Margaret Gee.

This comprehensive directory in an easy A to Z format covers thirty-six of the most popular therapies from acupuncture and aromatherapy to reflexology, self-awareness therapy and yoga. Each therapy is followed by an Australia-wide list of practitioners. There is also a listing of natural health practitioners including their qualifications and the services they offer by state.

P/b, 475pp, Hodder Headline, RRP \$19.95. Ph: 02-638-5299.

AUSTRALIAN HERITAGE NEEDLEWORK. WILDFLOWERS – Senior Editor, Jennifer Sanders.

This book gives you the opportunity to reproduce the designs found in the Australian needlework held in collections throughout the country. Surface embroidery, cutwork, Mountmellick, canvaswork, cross stitch and some distinctively textured styles all appear here, used on cushion covers, tablecloths, clothing and pictures. There is a challenging sampler to work in cross stitch, and all heritage pieces have a wildflower motif and an enthralling story behind each one.

P/b, 72pp, Lothian Books, RRP \$19.95. Ph: 03-9645-1544.

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HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 60 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send your advertisement and payment to *Grass Roots*, PO Box 242, Euroa 3666, before the deadline and we'll include your advertisement in the next issue of *Grass Roots*. **Deadline for GR 113 is 22nd December, 1995.**

Sender's Name For issue no/s
 Address Classification
 Postcode Cost

Cost for advertisements is 60c per word.

PROPERTY FOR SALE

NEW SOUTH WALES

NYMBOIDA, NORTH COAST, 40 ac f/h, 37sq Nu-Steel home, 4 b/r (3 BIR), en suite, WIR, lge modern kitchen/dining room, lge lounge room, 2 w/c, downlights t/out, 8' verandah 4 sides. Two 5000 gal tanks, perm crk, 2 natural springs, electricity, ph, mail school bus, plenty of wildlife. \$230,000 ONO. Ph: 066-494-276.

COUNTRY COTTAGE, 3 b/r, c/port, excel access, power, ph, water, o/fire - DUNGOG. \$99,000. Ph: 049-959-239.

SNOWY MOUNTAINS - Nimmitabel - second-hand shop, stocked. Three shop frontages, dbl garage, main rd. \$80,000. Three b/r home all amenities. \$65,000. Separate titles. \$140,000 both. Ph: 064-546-372.

NEAR GLEN INNES, 591 ac, appealing 4 b/r home with study, verandahs, lge living area with o/fire. Dishwasher, s/c/fire in dining, impressive views. Machinery & wool sheds. Fine wool country. Suit retirement or lifestyle with additional income. \$195,000. Ph: 067-336-733, or 015-702-070.

BUSHRETREAT mid-north coast in Nambucca Valley, 27.5 ac, timbered, crk, 45 mins to main town. \$48,000. Ph: 044-651-505.

ABSOLUTE PRIVACY on 600 ac of Australian wilderness bordering Blue Mtns Nat Pk. Permanent mtn stream with swimming pools, solar power and modern brick chalet! \$260,000. Ph: 042-844-074.

COOLAH, 3 b/r, sunroom, sleepout, 4 car garage, dbl block, wide cypress inside. Combustion stove. A bit of country in town. \$55,000.

Ph: 063-771-161.

FORTY ACRES, 30 mins SE of Goulburn, peaceful w/ender retreat, nice views, crk, plenty of trees & firewood. Close to river. \$38,000. Ph: 02-623-3172 after 6pm.

SOUTHEAST COAST AREA, Wyndham, 40 mins inland from Eden, 40 ac bush block. Deep valleys, good building & dam sites, secluded & private, off gravel rd, sml c/van, lge pole shelter, water tank. Zoned residential/tourist (cabins). Valued at \$45,000. Asking \$40,000. Ph: 03-9499-3841, or 03-9417-1685 (Mark).

ILFORD/SOFALA, 120 ac native bushland, gentle slope, panoramic views, dam, perm crk. \$59,900 ONO. Ph: 063-794-796.

IDEAL BUSHLAND RETREAT, 40 ac, central tablelands, Blayney area, 2 b/r w/b renovated cottage, s/c/stove, HW, septic. Generator power, sheds, well fenced, 2 dams. \$75,000. Ph: 063-613-379 before 2.30 pm Mon-Fri.

ORGANIC LAND, f/hold, 15 mins Canowindra, 10 mins Eugowra. Mail run, school bus, 2 blocks, well fenced, 114 ac cleared, dam; 175 ac, 1/2 cleared, 1/2 bush, dam. \$300 an acre. Ph: 063-447-116.

MALENY (20 km west of), 15 ac, perm river, rd frontage, 2 km shop & school. Potential market garden/orchard. Ph: 066-843-498.

BEAUTIFUL VIEWS from the newly timbered porch, with 5 ac, plus clean air & water, 10 yo stone & timber house, with solar electrics on a go-ahead community (multiple occupancy), 20 mins NE of Kyogle in nth NSW. Established gardens with scope for more. House has 4 b/r, lounge, 2 bathrooms/toilets. 'Country' style timber & tile kitchen, WI pantry, 220 lt gas fridge, lge Rayburn s/c/stove, with heaps of other features in & around house. Ten thousand gal house water with garden water from

lge dam. \$140,000 ONO. Please write or ph for more details. Doug Marsden, 'Lillifield', Lillian Rock, via KYOGLE, NSW 2474. Ph: 066-897-224.

NYMBOIDA, architect designed 3 b/r timber yurt. Unusual features incl exposed timber, skylit, domed ceiling. Western red cedar doors, windows, brush box floors, s/c/stove, huge dams, irrigated vegie garden, 10,000 gal tanks, ph, stand-alone power, school buses, 25 ac f/hold. Thriving community. All-weather access. \$138,000. Ph: 066-494-273.

NYMBOIDA, open plan timber 2b/r home. Stand-alone power, ph, s/c/stove, solar HWS, spring-fed dams, crks. Five thousand gal tanks. Half share picturesque, organic 75 ac. Abundant wildlife, good community, s/bus at gate. \$89,000. Ph: 066-494-273.

GWABEGAR, 2262 ac Torrens title perpetual lease. Suit families or groups seeking shooters' block, fish farming, rural retreat, alt lifestyle, natural wilderness camping block. Fenced to 4 paddocks, 4 dams. Short drive to school, shops, tennis courts. Central to Coonabarabran/Narrabri. Part of Pilliga forest. \$85,000 for quick sale. Ph: 066-572-694 AH.

MUDGE AREA NSW, 3 hrs from Sydney, 11.7 ha bushland retreat, part fenced, accom, workshed, c/port, 12V power. Level to hilly with beautiful views. \$38,500. Ph: 02-9980-6916.

NORTH-WEST SLOPES: valley and surrounding hills, tree covered crks, with wedge tails soaring overhead. Beautiful farm on 1860 ac would suit grazing, horticulture, apiarists or just the nature lover. Modern 3 b/r house, ph, elec, etc. Whole property fenced, with dams, stockyards, sheds etc. Yours for \$365,000 ONO. Ph: 067-944-616.

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

BURRAGATE NSW, 200 ac nth mtn views. Improved pasture, dams and stands of trees. Rural residence, machinery shed, power, ph, water tanks and sewerage. Some irrigation. School bus & daily mail service. Coast 40 mins, 90 mins to snow. \$190,000. Ph: 064-967-009.

BURRAGATE, NSW, 12 ac river frontage, power and phone available, 40 mins to Merimbula. School bus and daily mail service. Picturesque. \$30,000. Ph: 064-932-110.

MIDNORTHCOAST, secluded organic farm, fertile 10 ac farm, BFA certified 'A' grade. Nestled in beautiful Upper Macleay Valley, 97 km NW of Kempsey, 8 y/o netted blueberry orchard (400 plants) producing nett income of \$8000 per annum, increasing annually. One y/o 3 b/r timber home built to last with quality features too numerous to list. Creek frontage with unlimited fresh water supply, fish, platypus, wildlife & great swimming. Machinery shed, coolroom, 2 sheds, cow bails. Many mature fruit/nut trees and vegie garden. Power, ph and school bus. Healthy environment & quality lifestyle with income for only \$129,500. Five Day Creek, BELLBROOK 2440. Ph: 065-678-213.

KOORAWATHA, b/ween Young & Cowra, 3 b/r house, lge lounge/dining room, gas heater, kitchen s/c/stove with hot water system, elec stove, bathroom, laundry, toilet septic system, carpet t/out, lock-up garage. \$45,000. Ph: 068-523-198 or 068-511-624.

HIGH NEW ENGLAND COUNTRY, Tenterfield, experience health and wellbeing in this beautifully clean atmosphere. Build your dream home from free local stone. \$80,000 buys new shed, sleeping loft, 23 ac sloping fertile lovely views, power, ph, organic garden, f/trees, chook run, 2 tanks, 2 lge dams, some vendor finance. Ph: Denise, 067-363-455.

GLENDAVIS VILLAGE, 1/2 ac bush block, all services avail. Next Wollmeri Nat Pk, beautiful scenery. \$10,500. Ph: 02-623-5503.

BUSHLAND, 153 ac of bush, 10 mins from Bega. Abundant wildlife, close to beautiful beaches. Building permit, 2WD access. \$56,000. Ph: 044-651-548 AH.

NORTHERN NSW, 112 bushy acres near small town. Power on block, needs transformer. Access OK. Some views. Building permission. \$25,000 ONO. Ph: owner, 067-255-521.

NORTHERN NSW, peaceful, quiet 118 ac, 1 1/2 km crk, fertile flats all cleared. Lovely home. Sheds, yards, kikuyu grass. Run 25 breeders. Electricity, ph, school bus. Reduced \$130,000 ONO. Ph: 066-663-540. Plus Clarence River frontage, 4x100 ac blocks, new fencing, mostly cleared. Grow olives, fish farming, elec, ph, handy. School bus. Reduced \$65,000 ONO. Ph: 066-663-540.

TANJA: CLOSE TO BEAUTIFUL BEACHES, ready to build on 2.3 ha, 2 dams, 3 phase power, septic, 11,000 gal fresh water tank, perm crk. Good soil. \$86,000. Ph/fax: 064-944-131.

ALMOST AN ISLAND in the Towamba Hills

**DEADLINES: GR 113 - DEC 22ND
GR 114 - FEB 29TH**

near Eden in far SE of NSW. Creek forms nth, east and sth boundaries, with another tiny crk running through the middle. Would be ideal block for friends to share if desired. One hundred ac natural forest, abundant wildlife, close nat pks, coast and Snowy Mts. \$79,500. Ph: 047-824-856.

SUNNY OUTBACK BROKEN HILL, 2 b/r home with cellar. Established grape vines, olives, figs, pecan, apricot, almond, lemon. Pomegranate, baytree, feijoa, Irish strawberry tree. Shopping & amenities close by. \$25,000. Ph: 049-616-838, 080-874-961.

NORTHERN NSW, beautifully renovated 3 b/r timber home on 2 ac, lge workshop, estab gardens, dam, gully, 2 mins walk to deep swimming crk, 20 mins NW Kyogle, 10 mins to Border Ranges Nat Pk, 2 hrs to Brisbane & Gold Coast. Ideal location for a w/end retreat, cottage industry/tea gardens/gallery on tourist route through beautiful countryside. \$127,000. Ph: 07-3844-3384.

TAMWORTH, situated in sml country village, 3 b/r, very lge open plan home. Lounge, dining, TV, bar/indoor BBQ, big country kitchen. Power, R/A, HWS, ph, tanks, shed, verandah, beautiful views to the mountains. Local school, PO, hotel, bus to Tamworth. Very lge block. \$82,000. Ph: 067-697-648.

ATTRACTIVE LAND, 1/2 share of 112 ac, Bobin Valley near Wingham, 1 ha building site approval. Multiple occupancy avail. \$65,000 ONO. Contact: 047-395-750.

HIGH COUNTRY, exclusive, secluded, beautiful, f/hold, basalt, nat pk boundary, 120 ac. \$70,000 and 150 ac \$80,000 ONO. Contact: M Brodie, 'Wild Range', NULLO MT 2849. Ph: 063-796-258.

BUSHLAND COUNTRY RETREAT, panoramic views over valleys and mtns of Nandewar Ranges from 8 y/o full brick Australian colonial 3 b/r home on 320 ac virgin land. Wide verandahs, dble garage, adequate water, power & ph connected, 33 km from Barraba. Owner transferred, must sell. \$170,000. Ph: 067-830-168.

HUONBROOK VALLEY, HOME on 1 ac, 30 mins to Byron Bay. Solar HW, 6000 gal tanks, perm line to clean crk with private swimming holes, dam, spring, power, fire, permaculture principles, vegies, f/trees, chook shed, cabin, garage/w/shop with loft, wildlife, birds, bus at door to local & Steiner schools. \$174,000 Ph: 066-843-183.

SOUTH COAST HINTERLAND, west of Narooma/Bermagui, approx 25 km from Cobargo on Bodalla & Wandella state forest's boundary this private 20 ha (50 ac) property has frontage to pristine Wandellow Crk which runs to the Tuross River. An unspoilt environment of healthy bushland, undulating hill country and crk flats. Not too close, but close enough to town. A wonderful climate, an affordable acreage. On instructions from the executor of the estate the property will be

offered for sale by public auction on 20th January 1996. Bidding expected to start around \$20,000. Enquiries: Greg Burbidge, Ray White Real Estate, NAROOMA. Ph: 044-762-222.

TUMBARUMBA, 5 ac, semi-permaculture, f/trees, herbs, chooks, sheds, nearby crk, power, town water, close to town, comfortable 3-4 b/r home, s/c/heater, wood/elec stoves, abund birdlife. \$153,000 ONO. Ph: owner, 069-482-682.

COBARGO, FAR SOUTH COAST, Charming historic village. Perfect hobby farm/homesite. Five ac fertile soil (ex-dairy farm), facing nth, beautiful views, walking distance shops, schools etc. Bermagui, Tilba, Bega 15 mins. Electricity, town water. \$45,000. Ph: 048-836-586. Bell.

GUESTHOUSE OR LARGE FAMILY HOME suitable for up to 18 tourists or easily split into 2 substantial 4 b/r homes. Previously operated as successful package tour holiday destination to Hunter Valley. Cavity brick and tiles, 11 b/rs, 8 with en suite. Two ac, in ground pool. All equipment necessary for continued use as guesthouse. Suitable for club or corporate holiday or convention centre. Price: \$360,000. All enq to: PO Box 772, RAYMOND TERRACE. Ph: 049-651-655.

BYRON BAY 25 km, 14 km Mullumbimby, 1/2 share in 17 ac, 1 timber, 1 mud brick house. Permanent crk, lge swimming hole, r/forest setting. \$130,000 ONO. Ph: 066-855-249.

ONE HUNDRED ACRES coastal bushland in beautiful Bellingen Shire on mid nth coast. Permanent water, 1 1/2 km to beach. Cottage and workshop on elevated homesite with absolute privacy and seclusion. Send for maps and photographs. \$188,000/offers. Ph: 066-556-409.

NYMBOIDA NORTHERN NSW, 2 dwellings on 100 ac. Main dwelling 3 b/r, 2 storey hexagon features natural woods, bush rock, verandahs and balcony, beautiful views. Second dwelling is self-contained 1 b/r cottage. Property is 80% wooded, has dam, picturesque crk, abund organic vegie patch, sheds, paddocks, school bus to gate. Wildlife is prolific. Fully estab property within idyllic setting. Must sell. \$145,000. Ph: 006-845-206 for details and photos.

QUEENSLAND

RIVER FRONTAGE, Darling Downs, 132 ac with 64 megalitre irrigation licence. Partly renovated colonial cottage, 240 power, ph, 7km to nearest town. Two deeds. Farm machinery. Brisbane 3 1/2 hours. \$125,000. Ph: 076-751-331 after 5pm.

INCOME CAN BE DERIVED from your land at Glastonbury Woodland Estate, via Gympie, Qld. Freehold land 4 x 7000m² elevated sites surrounded by r/forest. Additional 10,000m² for organic lifestyle. Ph: 074-768-522, or 074-452-576.

Please print your ad clearly
so we can do likewise

GRASSIFIEDS

PROPERTY FOR SALE QUEENSLAND

TARA SHIRE, 30 ac, virgin bush, dam. Power avail. \$20,000. Offers considered. Ph: 09-447-9775.

MILLMERRAN, 40km town, 360ac plus weekend. \$39,900. Ph: 076-951-158.

CHARMING MUD BRICK HOME on 6 ac in the foothills of the Bellthorpe Range, 100 km NW of Brisbane. Features silky oak windows, lge kitchen, potbelly, 2 b/r downstairs & roomy loft. Fully fenced, chemical-free block with lge variety of f/trees, perm crk, power & ph. Kilcoy is 20 mins drive with banks, schools & hospital. Offers over \$99,000. Ph: owners, 074-978-567.

MARY RIVER FRONTAGE 130 ac f/hold, 2 homes, mains power, 40 mins to Port Douglas by sealed rd. Land suitable for tropical fruit or seed growing, grazing or cropping. Price \$305,000. Ring 03-9885-4523, fax 03-9885-4524.

MALENY - WITTA, 3 b/r Western Red Cedar loft house, 1 1/2 ac, dam, lge deck, estab natives. \$132,000. Ph: 074-944-124.

BUNDABERG AREA, Qld, 53 ac, dam, power, fenced, deep saltwater crk frontage, 9 km primary school, 30 km Rosedale High school by bus, 30 km unspoilt beach. \$95,000 ONO. Ph: 065-669-138.

RUSSELL ISLAND, land, 21 perches. High level block, pretty bush setting middle of island. Some homes built 100 yards away. \$14,800. Ph: 02-349-3815.

TOOWOOMBA, FORTY ACRES, NE aspect, 10 mins city, 1.5 km golf course, valley views, own picnic point lookout, chemical free, 3 b/r farm cottage (1912). \$380,000 ONO. Owner, 07-3862-9262, 076-966-341.

THIRTY MINUTES TO BUNDABERG, 1/2 ac, quiet, sugar cane on 2 sides, gentle slope, rates \$380. \$16,000 ONO. Ph: owners, 079-461-164.

BUNDABERG, 3 b/r older style home, quiet area, walking distance to shops & schools. \$62,500. Ph: 071-532-407.

TOOWOOMBA PO 8 km: 1/2 ac block, crk through centre, pump access on application. Amongst bush, birds, parrots, scrub turkey, goanna. House 3 yrs young, 2 b/r, study, all b/ins, lge linen. Decking o/looking crk & wildlife. Carport, garden shed. Full 5000 gal tank. Rates \$460 PA. Health for sale. \$77,000. Ph: 043-908-639, 076-308-727.

MILES, QUEENSLAND, 25 ac, private, elevated, treed & close to town. Modern living facilities with power, ph, septic, dble garage, school bus, mail, bitumen road. Bargain at \$54,000 ONO. Ph: owners, 076-271-231.

AMMAMOR CREEK, Gympie hinterland, 38 ac with r/forest and perm crk. High ceiling bungalow with solar power. Ideal retreat \$78,000. Ph: 07-3425-1619.

JIMNA, NESTLED in Jimna state forest, sml country township - 30 mins to Kilcoy, 90 mins to Brisbane. Two storey, 4 b/r, partly renovated. Electricity, ph, power, town water, 1/4 ac, estab f/trees. Mail service, primary school in town, school bus to high school in Kilcoy,

PLACING AN AD? See page 76 for details

general store. \$45,000 ONO. Ph: 07-3261-2929.

MODERN QUARTER-ACRE, 3 b/r home, Gympie. Beautiful high fenced area, trees and birds. Recently redecorated white and beige. New kitchen, fans, 2 car garage under front. Much more. \$95,000 ONO, or swap same Innisfail. Ph: 07-5482-6207. Organic garden. Have to sell.

GRANDCHESTER: 3 b/r lowset home with 10,000 gal water on 45 ac. Set up to run on inverted solar power with combust stove for cooking & water heating. Property is completely fenced and subdivided into 7 paddocks incl cultivation areas. Includes lge shed, 45x24, 3 dams, seasonal spring-fed crk, stockyards and Fiat 40 hp diesel tractor + various implements. Situated 10 mins from electric train to Brisbane. \$130,000. Ph: 074-655-192 AH.

GIN GIN QUEENSLAND, new 3 b/r cedar home, 25 timbered ac, uncontaminated crk, cycads to 5 m. Stocked, part estab worm farm! Superb gardens, 20x20 shed with 20x8 verandah, 8x10 shed, power, ph, 5000/1000 gal tanks, p/fenced, private, secluded, unspoilt views, 2 mins school bus, permaculture potential, much more, be quick \$95,000. Ph: 071-576-503.

TIRROAN, THREE MINUTES TO GIN GIN, chemical-free 29 ac. Highly attractive undulating fertile country. Tons of water, power, ph, to front gate. Intelligently sculpted from native bushland. Lots of wildlife incl koalas. Twenty-five ft Viscount, 16 ft Chesney (as en suite) generator, water tanks, shed, chook run. Ill health forces reluctant sale. \$75,000. PO Box 488, GIN GIN 4671.

MT TAMBORINE, Gold Coast Hinterland, 1 ac volcanic soil, fenced, bore and water tanks, 12x6 m Colorbond shed + 9x6m Colorbond shed with toilet, shower, hot water; ride-on mower, many estab trees, bearing macadamias, avocados, citrus, fig, pecan, blueberries + natives, conifers, vegie garden. \$149,000 ONO. Ph: 018-752-667, or leave message 07-5573-1336.

KOOKABURRA PARK ECO-VILLAGE. If you are interested in living in a community of like-minded people on 485 ac this could be the place for you. Freehold title to one ac sites, + you also own the 360 ac of parkland, a Village Lot with a Community Hall, the Lakes and sealed rd in common with the other residents. Each site is supplied with underground power, ph and utility water. Sites selling for \$30,000. Enquiries to: PO Box 713, BUNDABERG, Qld 4670. Free Call 1800-061-689.

RAINFOREST AND FOOD GARDENS surround our unique home retreat with spring-fed crk. Only mins walk from a natpk, 5 mins drive to shops, school. Ph: 074-457-934.

RAVENSHOE, LARGE FAMILY HOME of r/forest timbers in central town area, estab block on crk. \$85,000. Ph: 070-976-257, or 03-870-8767.

GLENWOOD, 30 min Gympie/Tin Can Bay, 3 ac. Cleared, elevated house site o/looking state forest & crk. All-weather driveway, ph connected, 20x10' shed. On school bus route. Excellent dam site, plenty wildlife. Value - \$26,000. Ph: 08-351-0309.

CENTRAL QUEENSLAND, 20 km Rockhampton, 7 ac or 3 sep blocks. Citrus & 'custard apple orchard + numerous assorted f/ trees. Queenslander & guest house. \$150,000 total. Offers considered. Ph: 079-340-164.

BLOOMFIELD DRIVER, greater Daintree, NQ, 30 ac suitable subsistence living or cabins, with ocean & mtn views. Ph: 074-457-934.

GIN GIN QLD, 25 ac, lightly timbered, dam, power, ph, school bus. Urgent sale. \$25,000 ONO. Ph: 070-976-252.

VICTORIA

GIPPSLAND SOUTH, Port Albert, attractive 3 b/r BV in historic fishing village. Just mins from boat ramp & sheltered fishing waters to Wilson's Promontory. Close to 90 mile beach & r/forest nat pks. Quality design & fixtures. Hostess kitchen, excel boat shedding. \$85,000. 251 Commercial Rd, YARRAM 3971.

SOUTH GIPPSLAND, 65 ac for sale, 14 km from Foster, superb views of Wilsons Prom & islands in Bass Strait. Near new 3 b/r Aust Colonial timber house with verandah around all 4 sides, ph, solar elec power, machinery, storeroom and packing shed, WIWO. Tractor (4WD), implements, canopied tandem trailer, all pastures superphosphate free in excess of 20 years. Immediate cash return from 3000 tree protea plantation, 48 inch r/fall, 3 waterfalls, fern gullies, and your own limestone cave. Vendor terms, half deposit interest only 2 years, or 90 day settlement \$200,000. Ph: 03-9857-5534.

TWENTY ROLLING TREED ACRES, 4 b/r, b/v home, new carpets, freshly painted, town water, gas & wood heating, school bus at door, one mile from town, only 20 mins from Ballarat. \$120,000. Call Toni & Alan, 053-447-418.

GLEN VALLEY, NE Victoria, original PO and residence, 2 1/2 ac + 25 ac lease. Lovely gardens, f/trees, vegie plots, perm crk, full solar system, shed & c/ports, w/shop, slab hut, trout fishing, close c/c skiing. Fabulous remote area. All this for \$59,500 or offer. Ph: 051-591-400.

BUDGEREE, approx 123 ac, on 2 titles in sml farming community. Very peaceful area. Excellent house sites, magnif views, very high r/fall area. Fertile ground, power, ph. Dual access, undulating, 3 dams, crk. Approximately 30 ac bush, mainly blackwood, tree ferns, ground ferns. Abundant wildlife. Sheep yards and shearing shed. Property ideal for any type of farming. Ten minutes town, 20 mins Monash Uni in Churchill. \$95,000 Ph: owner, 051-691-571.

ARARAT, COTTAGE for renovation \$21,500. Two b/r w/board. Big block in town. Inspect 12-2 Monday to Friday. Ph: 053-525-636.

**To avoid disappointment ensure
your ad meets our deadline**

GRASSIFIEDS

PROPERTY FOR SALE VICTORIA

TRANQUILLITY AND SECLUSION, 6 sheltered park-like ac just nth of Ballarat. Modern style low maintenance d/brick home. All services, school & shops nearby, lge living area, 3 b/r, main has en suite and WIR, 2 b/rs have BIR. Double c/port and dble garage. Large dam, estab orchard. Trees and birdlife abound, approved land for wildlife. A true natural haven. \$157,500. Ph: 053-451-136.

FOUR HUNDRED ACRES of natural bush with 2 km frontage to the Gellibrand River. Lovely vistas across valley. Could be subdivided. Melbourne 190 km. Approved for conservation covenant. \$135,000. Ph: 052-433-740 AH, 052-441-922 BH.

EAST GIPPSLAND, cottage used for holidays craft and collectibles for past 20 years. Situated on dble block, with estab native garden. View to estuary of Snowy River & sand dunes to ocean. Asking price \$105,000. For futher info write: M Reeves, MARLO Vic 3888, or Sally Reeves, 075-382-119.

CENTRAL VICTORIA, LOGAN, attractive 2 storey A-frame craftsman built mud brick & timber cottage on forested 16 ac. Main rd frontage, borders state forest, 2 upstairs b/rs, 1 with balcony, soaring cathedral ceilings, atrium, rustic redgum kitchen, plenty of charm & character. Mud brick storage shed, 2 dams, water tanks, hot water and septic. No power, garden and vegie areas estab. Very quiet, secluded & peaceful, reluctant sale. \$69,500. Ph: Denise or Sam, 03-478-1964, or 015-521-071.

SOUTH AUSTRALIA

RURAL LIVING on elevated 10 - 13 ac blocks overlooking Murray River near Walker Flat, SA. ETSA and river water connected. Simple land management agreement to protect your investment. \$15,000 - \$20,000. Apply owner. Ph: 084-833-256.

RENMARK, FIFTEEN ACRES, 2-3 b/r dwelling. Fenced, native trees, regenerating scrub. Future bush food income, firewood. Power, ph, cheap domestic water. \$63,500 ONO. Ph: 085-957-285.

ADELAIDE HILLS: 54 ac+, undulating redgum country. Mud brick house with loft, slate floors, stained glass, jarrah beams, 8' verandahs, beautiful views. Yards, sheds (one with power). Spring-fed dam, mains, r/water, elec, ph. Vegetable garden, sml orchard. Rural and peaceful; 45 mins to Adelaide via freeway. \$220,000 ONO Ph: 08-388-6704.

TASMANIA

KING ISLAND, 320 ac of well sheltered flat to slightly undulating land, which includes: 270 ac of grassed well fenced paddocks, with good stock carrying capacity, dams in all paddocks; 30 ac of rolled bush; 20 ac of fenced tree lanes which provide shelter to all paddocks; sheep yards, dog kennels, chicken run, vegie garden. Abundant wildlife, pheasant, quail, pigeons, wallabies etc. No foxes or Tassie devils. A well sheltered 3 b/r home with a sunroom & spare

**DEADLINES: GR 113 - DEC 22ND
GR 114 - FEB 29TH**

room off the garage, 20 mins from town & beautiful beaches, 10 mins from a sml country primary school, 30-40 mins flight from Melbourne or Tassie. A beautiful, friendly place to live. \$250,000 ONO. Ph: 004-523-430.

TASMANIA, EAST COAST, 3 b/r home on 2.5 ac in secluded valley, 3 km from beach at 4 Mile Crk. \$78,000. Ph: 042-376-120, or 003-722-799.

SUNNY EAST COAST, 58.8 rural ac. Bush, pasture, timber, perm river, 12km to town, school etc. \$86,000 ONO. Details: 003-751-658 evenings.

TASMANIAN RETREAT, 22.9 ac (9.29 ha) of old blackwood bush and regrowth wattle. Two perm crks, 40 mins east of Launceston, 20 mins to Bridport. Platypus, wombats & wallabies, not to mention great neighbours. \$45,000. Ring or write to: Sue Todd, 14 Woolcock St, Watson, ACT 2602. Ph: 06-241-8534 AH.

ROWELLA, 3 b/r brick/cedar loft-style home, timber lined, leadlight windows, slate floors, on 2 ac. Spectacular views Tamar River, landscaped garden, town water, 30 mins to Launceston. \$120,000 ONO. Ph: 003-947-244.

NORTH-EAST TASMANIA, situated amongst thick forest, o/looking beautiful valley, comfortable, 3 b/r home on 11 ac with double garage and w/shop, near sml town. River and rd frontage, good water supply. Suit retirement, horse lovers etc. \$68,000. Ph: 003-532-483.

TRANQUILLITY WITH GLORIOUS 360° VIEWS to Bass Strait islands off NW coast and state forest behind, 72 ac, 45 pasture NASA certifiable, 4 r/forest gullies full of blackwoods & tree ferns. Two lovely spring-fed dams with platypus, gravity-feed 30 fruit & nut trees and micro-hydro turbine. Rich soil, nth aspect, wind generator up the hill from sml 2b/r cottage lined with blackwood & celery-toppine. Small income. Fifteen minutes from Smithton on quiet sealed rd. \$110,000 ONO. Ph: 004-583-173.

SUPERB VIEWS TO BASS STRAIT and islands off NW coast. Rich soil, 25 ac, 15 pasture NASA certifiable. Two r/forest gullies. Northern aspect, good sites for wind power at top and shelter for a house at bottom. Peaceful with abundant wildlife. Fifteen mins from Smithton on quiet sealed rd. \$55,000 ONO. Ph: 004-583-173.

EAGLEHAWK NECK AREA, prime bush block of 60 ac, on historic Tasman Peninsula. Close to fine beaches & deep sea fishing. Port Arthur short drive away. Land can be subdivided. Has cleared area for homesite, rest is well timbered. Has 490 yds main rd frontage, overlooking Eaglehawk Neck Bay. Incl lge dam & shed. \$129,500 ONO. Please contact: L Mitchell, 55 Beach St, Bellerive, Tas 7018. Ph: 002-448-879.

DERBY, NE TASMANIA (on 24.5 ac), idyllic bush retreat with unique 3 b/r timber home set among natural bushland with 667 metres of

river frontage, small orchard and large w/shop/storage shed. \$59,000. Ph: 003-542-347.

LOYETEA, 1/2 hr to nth coast, 40 ac, a/w/ access, 12 ac cleared, remaining b/wood, sassafrass, s/wattle, r/forest. Permanent crk, w/fall, s/power, hot/cold water, w/stove, combustion heat, generator, w/pump, gas fridge, 6 room shack cottage. All day sun, orchard shed, near school bus stop. Phone. \$80,000 ONO. J Walker, C/ PO, STH RIANNA 7316. Ph: 004-376-353.

NORTH-WEST TASMANIA, 9.902 ha freehold. Approx 1/2 area beautiful r/forest, remainder regrowth with lots of trees planted. Hut, s/c/stove estab yegie gardens. Fruit trees. Basalt soil. Good water supply, wood shed. \$40,000. Enquiries: H Lee, LORINNA 7306.

WESTERN AUSTRALIA

FORMER TOWN MARKET GARDEN, 6475m² with crk frontage. \$17,500 ONO. Ph: 091-854-605.

COOKERNUP (approx 1 1/2 hrs sth of Perth), solar passive b/i, 4 bed, 2 bath, 3 1/2 yo home on 1 ac, 1/2 ac fenced, 1/2 ac permacultured incl f/trees, natives, dam, animal sheds, veg & herb gardens, r/w/tanks, 6x6m shed & much more. \$155,000 ONO. Ph: 097-335-130.

COMMUNITIES

SALE, CO-OP SHARE near Maleny, good 6x6m shed, dam. Full details: F Bardsley, PO Box 31, TIN CAN BAY 4580.

KYOGLÉ, 1/2s share in 960 ac, 10 ac share, f/trees, spring water to all of share, gravel access & privacy. \$30,000. Ph: Tracey, 066-251-422. PO Box 492, LISMORE 2480.

FAR SOUTH COAST NSW, council approved multiple occupancy, 5 shares in picturesque, alternative minded Towamba River Valley. Heart of SE forest parks, about 35 mins to Merimbula/coast. Daily bus to caring schools & larger townships. Dwellings and vacant sites situated in lovely forest, have gravity-fed water from dams, crk and spring. Share from \$19,500 for an approved building site. Also, an open plan mud brick cottage by the crk, s/c/stove, verandahs, fenced vegie and chook run, requires little finishing for Council Building Certificate, \$56,000. Together folk seeking tranquillity, companionship, lifestyle, in clean air and earth environment will be well at home here. Ph: 066-843-209.

CAPABLE, ENERGETIC, EARTHPERSON invited to rent and renovate own small cottage. \$40 pw. View 1/2 share in picturesque 40 ac rich soil, permaculture, 1 1/2 hr Perth GPO. Enquiries: RMB 257, BEVERLEY, WA 6304. Ph: 096-472-026.

LISMORE - KYOGLE, 2 ac on long-estab strata titled community with shop, craft centre, bus to schools, 2 dams, water tank, estab f/trees and natives, beautiful views. \$33,000 ONO. Ph: 066-857-948.

**Make Your Editor Smile -
Punctuate!**

GRASSIFIEDS

COMMUNITIES

SHARE, LEGAL MULTIPLE OCCUPANCY, nth NSW, Mt Warning, 3 ac homesite. Good access, r/forest, crks, dams. \$35,000. Ph: 066-822-706.

ALTERNATIVE LIFESTYLE near Stanthorpe, try a week, month or longer, small rent, help around farm. Separate bungalow, suit single parent, n/s, n/drugs, active. Write: Sans Souci, PO Box 95, BALLANDEAN 4382.

KYOGLE, 2-3 b/r house, 10 ac, 1/25 of 960 ac. Solar power/hot water, s/c/heater, gas stove fridge, ph, CB, perm spring, comfort in seclusion. \$55,000. Ph: 066-333-246, or 066-322-503.

POLE HOME, 1/8 share 450 ac, bush seclusion perm crk with pump. Good soil, fenced gardens, plenty f/trees. \$55,000 ONO. Ph: 065-507-320.

ATHAME COMMUNITY (300 ac), offering several 5 ac shares in beautiful Snowy Mtn foothills, 150 ac community land, gardens, LETS system. Potential for part-payment by employment. \$15,000 per share. Ph: 064-584-001. PO Box 266, BOMBALA 2632.

OCTAGONAL HOUSE on 1/16 share of 170 ac adjoining nat pk, 10 km Nimbin, 3 ac house site, perm crk, nth aspect, spectacular views, all-weather access, 12V solar/hydro power, ph, solar HWS, s/c/heater with wetback, tool shed & garage, over 300 r/forest/f/trees, estab gardens, chook run, beehive. \$75,000. Ph: 066-897-426.

KYOGLE, 1/25 share in 960 ac, 10 ac share, f/trees, spring water to all of share, gravel access & privacy. \$30,000. Ph: Tracey, 066-251-422. PO Box 492, LISMORE 2480.

LILLIAN ROCK (via Nimbin), 2 charming cottages on 5 ac shares. Solar power, f/trees, friendly neighbours. \$60,000 and \$43,000. Ph: Trevor, 07-3207-0013, Lesley, 07-3287-6401.

SOUTH COAST NSW, 1/8 share 100 ac. Christian multiple-occupancy, surrounded by state forest. Levelled house site, dam, all-weather access rd. Ph: 044-564-197 for details.

NORTH NSW, 30 mins Lismore, Nimbin, 2 b/r 3 level timber house, starlight loft, solar, gas, septic, 5000 gal tank on 2 ac share of Billen Ciffs community. Permanent spring, mtn views, secure Strata Title. \$100,000. Ph: Matthew Power, 074-450-077.

NIMBIN, 1/10 share 52 ha, council approved MO. Adjoining Nightcap Nat Pk. Beautiful r/forest environment, 2 b/r accom + studio on 2 ha. Woodstove, solar power/hot water, ph, perm water, estab f/trees, 4WD access. \$95,000. Ph: 066-886-142.

BUNDANOON, edge of Shoalhaven Escarpment, Morton Nat Pk, shares avail, 120 ac, mainly bush, timber cabin, solar elec, like-minded environmentalists wanted. \$6000. Ph: 02-665-5161.

BUSINESSES FOR SALE

MURWILLUMBAH takeaway/convenience store, rent \$186 monthly, long lease. \$15,000 SAV. Ph: 066-725-285 BH, 075-242-534 AH.

PLACING AN AD?

See page 76 for details

OYSTER LEASES, Port Macquarie, 3 ac, shed, punt, aluminium boat & trailer, new outboard motor, 5 HP Honda pump, trays, sticks with catch, stock. Relaxing lifestyle, working concern. Ph: 065-858-336.

TEA ROOMS, in historic township of Rushworth. Good lease terms. WIWO incl furnishings & stock, BYO Licence. Genuine reason for selling. \$8000 neg. Ph: 058-561-500, 058-561-457.

A LIFETIME BUSINESS for only \$20 full payment. No party plans or door to door. Operate from anywhere in the world. Send SAE for free details to: Dept 28, PO Box 5003, SOUTHLAKE 6164.

PROPERTY WANTED

WITHIN THREE HOURS BRISBANE, 20-30 ac of paradise, with cottage, power, water, ordinary car access. Need long terms. I'm 49, been to hell & back, finding it hard to start again. I'm genuine in needs. Ph: 07-808-9406, 07-349-0205.

WANTED: 90 ac+, with vendor finance, for family man. 2 Dunkin St, ARMIDALE, NSW 2350. Ph: 067-713-902.

WANTED TO BUY - Home on acreage, sufficient to run goats and grow f/trees (would prefer if these already estab), in a chemically free area because of ill-health. Good water supply needed - warm area. Ph: 079-598-203. HOUSE AND ACREAGE WANTED on vendor terms by honest couple, anywhere Tas considered. Prepared to renovate, but must be livable. Ph: 004-923-389.

WANTED: MODERATELY PRICED ACREAGE with/without dwelling on sth coast. Ph: 042-971-306.

MULTIPLE OCCUPANCY SHARE etc, maybe dwelling too if cheap, wanted between Taree and Murwillumbah by 32 year old woodworker (not noisy!). Looking for fertile soil and a friendly positive community. Leave message for Dave on 059-674-840 and I'll ring you back.

FOR RENT

SHARE ACCOMMODATION, own lge b/r, lge lounge-cum-dining. Bus at door, short/long term. Cheap rent, exchange for some gardening. All welcome incl pensioners, single dads etc. Mature, honest, n/s need apply. Mrs M Kirkham, 4 Niblick St, TEWANTIN, near Noosa Qld 4565.

LONG-TERM RENTAL avail, nth-facing 3-bed colonial, 18 km tar sealed west of Nabalac. Three school buses pass doorstep. Second house is infrequent weekender for Sydney family implementing permaculture & sustainable agriculture on grazing property. Ph: 02-416-2495.

LONG-TERM FREE ACCOMMODATION in 2 b/r cottage avail for keen person or couple on sml rambutan orchard near Innisfail nth Qld.

Mechanically minded, handyperson an advantage. Need help with heavy work, slashing etc as owners live away & parents do caretaking. Presently some use of herbicides necessary in this high rainfall lush area. We are seeking someone who would enjoy this lifestyle. For more information write to: L & M Pearce, PMB 37, CMC, CAIRNS 4871.

ROOM TO LET, Gunning area NSW, 50 mins Canberra, 30 mins Goulburn. Quiet rural setting. Join a friendly nonsmoking, vegetarian household and share your ideas about energy efficiency, permaculture and life. Single parents welcome. PO Box 22, ANU, ACTON, ACT 2601.

HOME AVAILABLE, suit retiree wishing to try country living. Small town, 1 1/2 hr Melb, n/s/d. Large garden. Refs essential. \$70/bond. Ph: 054-734-430.

VICTORIAN WESTERN DISTRICT, cottage, 2 b/rs lge lounge & living area, bathroom, kitchen, electric & wood stove, 3.5 ha, perm crk. Rent neg. Ph: 03-8545-8528, work.

PLEASANT CABIN, en suite, near main house, 100 ac farm, 10 km towns, beaches. Must like animals, n/s, s/d, pref. \$55 inc elec. Ph: 065-682-093, NAMBUCCA VALLEY.

MUD BRICK COTTAGE for rent/caretake. Long term, bush, dams, 7 km from Legana, 18 km NW Launceston, Tasmania. Phone connection, solar 12V power system, wood heat/cooking. Ph: 002-315-914. Rent neg.

IF YOU ARE TRUSTWORTHY, reliable and willing to work as a team part-time for nurturing of unique acreage in SEQ amidst beautiful setting. A modern 2 b/r cottage with all amenities is avail to single(s) or couple of appreciation in the arts of goodwill. Rent neg to effort. Anne (GR 112), C/- PO Box 242, EUROA 3666.

RENT/CARETAKE, house, land. Owner rehabilitating NE NSW. GS (GR 112), C/- PO Box 242, EUROA 3666.

HOMESTEAD, BEAUDESERT (QLD), 25 ac, 1 hr Gold Coast, Brisbane. MUST be keen gardeners. Rent neg. Ph: 07-5543-1624.

WANTED TO RENT

WESTERN AUSTRALIA, Geraldton/Carnarvon, place needed in exchange for caretaking duties/small rent. Must be private, will consider other areas nth of Perth. No religion please. Ph: 02-9913-8221. Rob, 39 Elanora Rd, ELANORA, NSW 2101.

NONSMOKING COUPLE, gentle 2 y/o daughter and 3 fish, seek cool, screened house to rent from February: quietly leafy outlook: a short commute from Lismore & beach. Ph: 07-3878-9303. PO Box 224, KENMORE, Q 4069.

RENT/CARETAKE, 2-3 b/r house with workshop or similar, suitable for artistic, organic/permaculture minded, Christian couple/2 sml children. Taree area/anywhere NSW or Vic. Contact: D W Sutherland, PO Box 54, MEANDER, TAS, 7304. Ph: 003-695-290.

To avoid disappointment ensure your ad meets our deadline

GRASSIFIEDS

WANTED TO RENT

WANTED, HOUSE TO RENT/caretake, excel refs. Mapleton or Sunshine Coast. Ph: 074-457-928.

WAGGA WAGGA: working female wishes to rent a room or granny flat with alternative minded people. Ph: Jenny, 069-284-240.

QUIET PROPERTY for low-key healing retreat. We are a mature couple with wide ranging experience in wholistic living & healing, having spent 10 years living in the country creating healing environments & productive organic gardens in harmony with nature. We have leased as well as owned property & have previously built our own home. We are now looking for a property in a quiet forested location with some cleared land suitable for extensive gardens, preferably in warm-cool temperate region, good aspect, plentiful clean water and reasonable r/fall. Some form of accom and/or sheds are required. We are interested in a long-term lease agreement or any form of ethical agreement that gives us the necessary security for the considerable investment of energy and funds that we would put into the property. We are proven excellent tenants and can provide references. Ph: 03-9482-2518.

WANTED

HAPPY YOUNG COUPLE travelling WA early '96, seeking any possible earnings in exchange for honest hard work! Any reply much appreciated! Mark & Kylee, 'Woorarra', Edward Rd, CHIRNSIDE PARK 3116. Ph: 03-9739-6783. URGENTLY REQUIRED, single or couple, would suit invalid pensioner or retiree with still a bit of go in them, to lease the Bendoc General Store. Bendoc is a small village in the mtns of far east Gippsland 105 km nth of Orbost in SE Forests. Not a big business, room to expand or just potter along. Trout stream in the backyard. Plenty of room for gardens, chooks etc. Long-term lease or sale preferable. Mother of 2 needs a rest. Ph: Michelle, 064-581-502, 581-446. For lease and stock a bargain at under \$10,000, all terms neg.

WANTED URGENTLY, anyone interested possible lease, sharefarm, caretaking/handyman arrangement on 15 ac in Mildura, Vic. Ten paddocks pasture, + some land & shadehouses suit fuchsias, cut flowers, vegies etc. Write: Box 907, MILDURA 3502, or ph 050-233-358.

LOST: Part 13 (thrust bearing with steel ball) from our DIAMANT GRAIN MILL type D525. Can anyone help us to locate a replacement? Ph 071-234-699.

GR YACHTIE, ex-wwooof host, seeks anchorages, NSW border to Fraser Island, Qld, 1996. Near GR folk, assist projects, explore area. Col, 28/20 Banks Ave, TWEED HEADS 2485. Ph: 075-536-9818.

NATIVE PLANT MATERIALS. Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices plus freight paid. Contact: Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677.

DEADLINES: GR 113 - DEC 22ND
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MISCELLANEOUS

AFRICAN ARTIFACTS, enquirers please write again, catalogues avail. Mailbox problems corrected. PO Box 71, EAST GOSFORD 2250. STPATRICK'S DAY CARDS for 17th March, original hand-drawn, professionally printed, black and white, Aussie Irish flavour, \$10 for set of 6 incl postage. Order early. Good value. Terrie, 12 Dawn Ave, CHESTER HILL 2162. TRIDENT TIPIS, professional workmanship, quality materials, traditional designs. For brochure, samples, photos & prices. PO Box 24, MONTACUTE, SA 5134. Ph: 08-390-2383.

'BLOWN AWAY', 43ft cutter yacht, professionally made. Extensive offshore sailing by husband & wife team. Ideal for couple, sleeps 6 comfortably. Spacious, luxury interior, all new upholstery and mod cons: TV, VCR, CD, GPS, VHF & HF radio, sounder, autohelm, windvane, 5 sails (3 new), solar panels, current underwater survey. Prefer cash sale, \$130,000 ONO. Contact Kel, ph: 02-9908-3767 AH.

TWO SETS PLANS COMPLETE. 'Cosy Cottages' design. One loft, dormer, other lowset, verandahs three sides. \$500. Jacobsen, PO Box 456, Maleny 4552.

TORCHES, NEW OUTDOOR TYPE. Dazzling 30 watt brilliance. Ten times the power of ordinary torches. Rechargeable with common 12V charger. \$110, ea. Ph: 079-467-118.

BIOLET COMPOSTING TOILET, as new. \$850. Ph: 076-762-202.

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pression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work & projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax & feel real pleasure. And in our r/ships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow St, GOLDEN SQUARE 3555. Ph: 054-413-683. ASTROLOGICAL FERTILITY CHARTS. Find out your monthly period of maximum fertility. Three years personal calendar (lunar-phase cycle). For more info: Astrobe Charts Service, PO Box 1262, COFFS HARBOUR 2450. Ph: 066-534-676. ASTRO-MAPPING. Order your personal Astro-mapping kit and find out the best geographical places for love, success, happiness & relocation. Send name, address, date, time & place of birth + \$50 to Astrobe, Box 1262, COFFS HARBOUR, to receive maps & info booklet. For more info call 066-534-676. HOME PLANS. 90 plans for handcrafted homes of mud brick, rammed earth, stone & pole frame construction. Mail \$58 (postage incl) for *The Earth Builders Construction Detail & Plan Catalogue*, to: John Barton, Building Design, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 052-224-249 for fixed quote to draw/document your home plan.

OPPORTUNITIES

AN OUTRIGGER FISHING CANOE FOR \$100? U-build, U-sell. It's fun, fitness & profit. Amazing new designs, fishing, sailing methods. Brochures: send stamp to Canoe world, 32 Cohoe St, TOO WOOLBA 4350. Or ph: 0419-385-384 anytime. WOMEN OWNED AND OPERATED organic farm looking for other/others to work 28hrs/week for wage and separate accom. Our farm is in a beautiful secluded valley very close to Melbourne (CBD 45km) and adj Kinglake Nat Pk. Genuine opportunity for enthusiastic farm woman. Ph: 03-9710-1703, or write Box 88, HURSTBRIDGE 3099. POSITIVE CREATIVE SOULS, would you be interested in living here in return for help around the place? We live beside a creek and are establishing an organic vineyard. Would suit anyone who enjoys creativity, living with the land, and whoever feels positive about this message. Rick & Hannah, PO Box 106, TANUNDA 5352, SA. SINCERE GUY wants to hear of Men's Movement Bush Retreat being held SA, Vic or NSW in December or January. John (GR 112), C/- PO Box 242, EUROA 3666.

Please print your ad clearly
so we can do likewise

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OPPORTUNITIES

TIPI, EIGHTEEN FOOT DIAMETER, cover, liner, raincatcher, quality materials, 18 months old. \$1600 no offers. PO Box 24, MONTACUTE, 5134 SA. Ph: 08-390-2383.

GARAGE SALES. You can make big money with this and many other home based business concepts. Simple yet effective methods that can help secure your financial independence. For free details send SAE to: PO Box 110, CROYDON 3136.

WRITING FOR PROFIT, ideas and resources with immediate opportunities to make money. Copy \$10: MAYPRINT, PO Box 1464, OSBORNE PARK DC, WA 6916. Ph: 09-447-4032.

LARGE CARAVAN, Hunter Valley bush block, avail to vegetarian, n/s person in exchange for assistance, while sharing house. Visitors welcome. Ph: 049-382-036.

HEALING CENTRE, shares avail exclusively to committed people welcoming active involvement in developing healing centre in secluded rural setting. Approved MO, running healing workshops, planning other activities. Send SAE for programme. Rainer Taëni, Yulunga, KYOGLE 2474. Ph: 066-897-231.

CLUBS

NATIONAL ALLERGY ASSOCIATION of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

AFFILIATED DONKEY SOCIETIES OF AUSTRALIA. For info on membership, magazines and help avail write to: Mrs Pam Newton, PO Box 63, HURSTBRIDGE Vic 3099, and you will be contacted by the representative in your state.

CALENDAR EVENTS

CRYSTAL WATERS PERMACULTURE VILLAGE, 1/2 day, 'Permaculture & Community' tours are conducted on the 1st Saturday of ea month. For info contact Peter on 074-944-675, or Karin on 074-944-660. Or write to: 'The Motivating Edge', 72 Crystal Waters, MS 16 MALENY, Qld 4552. Booking is essential.

BYRON BAY FESTIVAL '96, Arts & Music, Jan 5-7. Seven stages, over 100 musical groups, wide variety styles, Outdoor cinema, film festival, dance pavilion, craft workshops, organic food stalls, market stalls, much more. All enq ring Anna Young, 02-252-3000.

MELBOURNE UNIQUE CAR EXPO, Caulfield Racecourse, Feb 8-11, '96. Comprehensive range new & vintage cars, displays by suppliers, private viewings. The Car Show of the year. All enq ring Peter Buckingham, 03-9587-1533.

ANANDA MELA FESTIVAL OF BLISS '96, Jan 6-12, Stanthorpe, Qld. Spirituality, workshops, cultural celebration, meditation, chanting & yoga. Guest speakers, music, dance, theatre. Special programme for teens and children. All enq ring 076-835-207.

DEADLINES: GR 113 - DEC 22ND
GR 114 - FEB 29TH

PUBLICATIONS

'DRAMATIS DIVINE', drama in Rudolf Steiner schools, by Alan Whitehead, a Creative Approach. Send \$10: Golden Beetle Books, Box 481, MULLUMBIMBY 2482, or write for titles list.

'GRASSROOTS' - 11 back issues (wanted 2-12, 14-17, 20). 'Earth Garden' - 28 back issues (wanted 71, 72, 74, 77). \$100 p&p. Ph: 07-5543-1624.

'VITAL ISSUES', newsletter covering world news, health, environment, religion. Box 212, SHEFFIELD, Tas 7306. Ph: 004-912-408.

FREE SAMPLE COPY: of colourful, 64 page, quality textile magazine, *Textile Fibre Forum*. This publication covers all the textile arts in the Australian region and includes New Zealand plus an international component. Just write to TAFTA, PO Box 38, THE GAP 4061, and send \$1.80 in new postage stamps to receive your free sample copy. You'll love this magazine. No obligation.

'AUSTRALIAN TOBACCO'. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$12 (postage included) to Lyn O'Brien, C/- PO, BARMAN 3639.

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, \$4.95 ea, & by subscription, \$23.40 or \$29.90 with Health & Healing Newsletter per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFF 2487.

'NEXUS NEW TIMES' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

'NIMBIN NEWS' is a co-operatively run access magazine with articles & info from Nimbin & other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bio-region is at the forefront in the development of sustainable systems. As networkers we scan many magazines for suitable & scarce info for our readers. Subscription: 12 editions for \$25. Sample copy \$2.50. PO Box 209, NIMBIN 2480.

'THE OWNER BUILDER' MAGAZINE. Want to be a successful owner builder? *The Owner Builder* magazine has plans, money saving ideas, advice & articles on successful owner builders. *The Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: PO

Box 974, BENDIGO 3550.

'THE PERMACULTURE EDGE' magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

'THE SEED SAVERS' HANDBOOK' by Michel & Jude Fanton, selling like hotcakes. Don't miss out, order today. \$23 post paid. Box 975, BYRON BAY 2481.

ANIMAL BOOKS - 'YOUR DONKEY', *Cats' Company* & many more by post. Lists from: Broomtail Publications, 171 Eaglehawk Rd (PO Box 62), LONG GULLY 3550.

BOOKS. NEW & OLD. Australian, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

ALTERNATIVE PLANS & PRODUCTS 7th Edition Catalogue 1995. The 7th edition of this popular catalogue is now avail. The catalogue contains a comprehensive listing of books, booklets, plans & infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing plans, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle construction plans, home based business, solar panel making & water pumps, water purification. Other titles include steam engine & methane gas generator plans, electric vehicle plans, fuel cell construction, solar ovens & water heater plans, solar furnace, vortex tube plans, free energy machines & magnetic engines & generators. For the *Alternative Plans Catalogue* send \$5 to: Alternative Plans, PO Box 487, ASHGROVE 4060. 33 Woodview St, SAMFORD 4520.

NEW AGE BOOKS and audio tapes by mail from Broomtail Publications, 171 Eaglehawk Rd (PO Box 62), LONG GULLY 3550. Ph/fax: 054-430-196.

'NATURAL HEALTH', the magazine of the Natural Health Society. Subscribe today, \$34 yearly & receive: 6 vital magazines, discounts at participating health food stores & natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 047-215-068.

'AUSTRALIAN HERB INDUSTRY RESOURCE GUIDE' - second edition now avail. Comprehensive listing of herbal sources & resources. \$18 + \$2 p&p from: Focus on Herbs Consultancy, PO Box 203, LAUNCESTON, Tas. 7250. Ph: 003-301-493.

'PANTHOLOGY'. A digest of paganism, shamanism, magic, wicca & sacred ecology from around the world. A 16 page broad spectrum magazine with something for everyone from the new seeker of the old faith to the familiar territories of the devoted thinker. Subscriptions, \$10/4 issues, to: Panthology, PO 1350, WODEN, ACT 2606. Include SAE for separate queries. Free sample with SAE for GR readers. **BOOKS - JUST FOR YOU**. Are you seeking any special book? Contact Pamela, PO Box 263, MAYFIELD 2304.

GRASSIFIEDS

CONTACTS

PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad

NEW SOUTH WALES

MR YACHTY, 45, 5'8", easy-going, practical, unassuming, reasonable, secure and independent yet frugal, with a real concern for the environment and social justice. I'm presentable, slim, fit, healthy, and I look and feel young. I'd appreciate a positive, considerate, agreeable, interesting individual, with an adventurous spirit and a willing heart, who like myself, is neither aggressive, competitive, nor dominant, for relaxed harmonious live-aboard cruising. No sticks-in-the-mud please. PO Box 281, NAMBUCCA HEADS 2448.

CENTRAL WEST, good looking male, 35, professionally employed. Likes country life, seeks slim, medium build lady who is caring, n/s, n/d, who one day wants children and is looking for perm r/ship. Contact: Simon, 'Retreat', MS 4, DUBBO 2830.

GOOD WOMAN SEEKS good, loving man. Attractive, slim, 31 yo lady, high school art teacher, country born, presently working in city, wishes now to share natural lifestyle (not too remote, cooler climate preferred), with gentle natured, honest, loyal, caring, intelligent, adventurous man, 30-36, nature/animal lover, horses, n/s n/d (drug free), with own home (no ties), who one day wants children, with homemaker. Reply: Catherine (GR 112), C/- PO Box 242, EUROA 3666. Photo appreciated.

I AM MALE, 44, fit and active and seeking the company of a similar woman. We, my 2 sons & I, live comfortably on 100 ac within going out distance of some fairly bright lights. We strive to enjoy life, with some success I'm pleased to say, and believe that honesty and self-respect mixed with a little bit of sinning feeds life. If you believe that you could be comfortable here and understand that I must believe that too then contact: Peter Wilton, C/- Post Office, WIALDA 2402.

TALL, SLIM MAN mid 50s with own home on 5 ac, n/s, n/d, s/d. Would like to meet slim, n/s lady in Bega area. My interests: Rock 'n' Roll, music, good food, friendship, outings, wild flowers, wildlife, permaculture. Please phone Ivan, 064-923-005. Or write: 611 Wyndham Lane, CANDELO 2550.

VEGETARIAN MALE, 26, n/s/d, seeking mutual German speaking lady. Enjoy outdoors, animals, electronics. If you match, write to: Candle, PO Box 835, BELCONNEN, ACT 2616.

ENERGETIC, INTELLIGENT, imaginative,

PLACING AN AD?
See page 76 for details

woman, mid 30s, likes gardening, reading, family, music, dancing, the bush. Wants to hear from passionate, loving and sincere man. C D (GR 112), C/- PO Box 242, EUROA 3666. **MALE**, 6'3", 52 yo, nonsmoker, seeks lady who enjoys a night out each week, horse ride, camp out, weekends away, growing own food. I have own home on 2 ac, renovating, perm employed plant supervisor. Are you looking for a man who will care for and treat you like a lady? Then answer this ad. I'm fit, in good health and don't drink alcohol. P Coutts, Sandy Hollow, via MUSWELLBROOK 2333.

MALE, LATE SIXTIES seeking companionship, age & nationality not important. Someone who likes the quiet life and gardening. I own a small property near Inverell NSW. I am a nonsmoker and enjoy a drink before tea. Please send details to or phone. R McElwaine, Lot 15 Wearnes Rd, BUNDARRA NSW 2359. Ph: 067-252-250.

COUNTRY MALE, 50, independent means, no ties, practical handyman, loves bushland etc, environmentally aware, not extreme. Seeks contact with practical female on sth coast NSW. Box 932, NOWRA, 2541 NSW.

WILD OATS HAVE BEEN SOWN. Small crop but no harvest. Forties woman now seeks gentle man for mainly platonic r/ship. He should be honest, fun-loving, light-hearted, able to communicate openly and have 'old-fashioned good manners'. Lyn (GR 112), C/- PO Box 242, EUROA 3666.

DRAGON LIBRAN MAN, 31, drug free, yoga, music, art, beaches, r/forests, travel. Seeks consciously aware woman for a fulfilling and loving r/ship. Ph: 0411-401-466.

START AS YOU MEAN TO GO ON: Man with shoulders like lemonade bottle needs woman with decent cheekbones. He is writer, l/s, s/d, widely travelled, poor but not seeking free lunch, enjoys walking, gardening, horse racing, oval-ball games, tennis, real rock and classical. She can wear denims and will be 40-60. Both complement each other by being nonmaterialistic, artistic, optimistic, honest, independent, tactile and basically happy. All answered. Do it. Nev (GR 112), C/- PO Box 242, EUROA 3666.

MAN, MIDDLE FIFTIES, sabbath keeper, spiritual, with some osteoarthritis, looking for lovely good looking woman, understanding, n/s, n/d. My interests: travel, art, craft, music, walking, leather. Replies to: Dan (GR 112), C/- PO Box 242, EUROA 3666.

SPIRITUALLY MINDED WOMAN, seeks another woman with similar interests. Vegetarian, creative, sharing and country life. Non drinkers/smokers. N N (GR 112), C/- PO Box 242, EUROA 3666.

WIDOWER, MALE, living alone on my farm. Would like to contact lady any age to 65, to write to, and maybe meet. Can travel anywhere, will exchange photos. Please write to:

HR (GR 112), C/- PO Box 242, EUROA 3666. Or ph: 068-330-620 night time.

LADY 28, n/s, vegetarian. Enjoy nature, gardening, music, adventure. Wish to connect with unconventional, spiritual man interested in self-suff. Moving to nth NSW. Reply: Lea (GR 112), C/- PO Box 242, EUROA 3666.

FAIRLY REFINED yet fairly down-to-earth woman, 50, seeks those qualities in a man for a partnership that will last because we are able to communicate openly with each other. Spiritual connection more important than physical one. I am interested in colour, laughter, dance, the garden, yoga, food, and you. H W (GR 112), C/- PO Box 242, EUROA 3666.

I AM A HANDSOME young male of age 35, With piercing blue eyes and about five 5'9", I live up near Byron not far from the sea, Surrounded by gardens and beautiful trees. In order to keep myself healthy and trim, I do lots of yoga and the oceans I swim, With food I eat only the absolute best, This gives me vitality, sparkle and zest. I'm practical, strong, insightful and sound, And I live to make music when the moon it is round,

The lady I seek is a beauty indeed, Not only her looks but from inside her being, Loyal, caring, gentle and wise, With fire in her heart and love in her eyes, Sensuous and passionate, in love and in life, With a commitment to wholeness set firm in her sights.

If you really exist please send out a scream But if I don't hear, I'll presume you're a dream: Replies to: Dave (GR 112), C/- PO Box 242, EUROA 3666.

LADY, YOUNG FIFTY, seeks fit active gent between 46-56 years, for perm r/ship. Interests are nonsporting, but outdoors orientated. I'm a n/s, s/d. All replies answered, photo appreciated please. M S (GR 112), C/- PO Box 242, EUROA 3666.

MALE, 43, tall, slim, fit & healthy, n/s/d. Live on beautiful bush property sth coast, NSW close to mtns & beaches. Financially secure, independent, self-employed. Nature lover & conservationist. Adventurous outdoor lifestyle: bushwalking, prospecting, 4WD travel, canoeing. Other interests incl photography, reading, music, organic gardening, woodcrafts. Educated, intelligent, practical, easy-going, quiet-natured. Seeking female companion with similar interests. You're n/s, love nature & outdoor activities, free-spirited, adventurous, creative; slightly alternative. MU (GR 112), C/- PO Box 242, EUROA 3666.

SLIM SOLO SAGE 60s, seeking stimulating communication via pen. Practical earthy Aussie moulded by varied lifestyle. Ex-builder now writer/holic, poet, artist. Loves: reading broadly, outdoors, radio talkback, music, driving, camping, positive thinkers, smiles, honesty, humour, sport, visiting, peaceful lifestyle, current affairs and documentaries. Compassion for humans and environment. All letters to Bob Gibson, Dickson St, WOOMARGAMA 2644, answered.

GRASSIFIEDS

CONTACTS QUEENSLAND

FELLOW ADVENTURER WANTED. Share costs and driving with easy-going woman. Interested in nat pks, art, botany. Must enjoy roughing it. Prefer female. 246 Kianawah Rd, WYNNUM WEST 4178.

BORN AGAIN CHRISTIAN MAN, 34, wants to contact b/a lady, view friendship etc. Prefer conservative green, alternative to degree type but am open. Write anyway. 'The Boxholder' PO Box 1286, MILTON Qld 4064.

HAPPY, EASY-GOING, LOVING MAN, just over 40, professionally employed in remote location. Believe in God, the universe, spiritually inclined. Realistic, fun, bit outrageous, n/s, enjoy a drink sometimes, 2nd hand, lateral thinker. Seek spiritually connected lady, single, divorcees OK, 25-40, who is feminine, calm, emotionally stable, loyal, loving, attractive who loves country lifestyle, can handle isolation, SOH, who is seeking an honest, perm r/ship, a shared vision. Spending Xmas on my property sth Qld. A photo appreciated. P B, Box 57, BALLANDEAN, Qld 4382.

RACHEL, 45, wise & lonely, 'New Ager', nice looking, seeking gentle confident mate to share my food, bed and dreams with, in closeness & harmony with nature. Rachel (GR 112), C/- PO Box 242, EUROA 3666.

LOYAL, HEALTHY, self-employed male, 31 y/o, nonsmoker, polite, stable country family background. Lives on 5 ac near Brisbane, interested in wildlife, bush camping, 4W driving, squash & BBQs. Responsible, easy-going nature. Seeks loyal, caring lady, nonsmoker, who likes the simple life. R N (GR 112), C/- PO Box 242, EUROA 3666.

HAPPY CARETAKER on beautiful property, heaps of wildlife in lagoon area and fishing in nearby river, seeks an easy-going woman any nationality who enjoys country life. Must be able to accept my bisexuality. I am a quiet man, 37 years of age, 165 cm, 58 kg, healthy disposition, into gardening, fishing, kayaking, walking, reading. Replies please to: B Browne, MS 937, Coast Rd, ROSEDALE 4674, or after dark on 071-566-399.

LADY, YOUNG 40, seeks genuine Christian man for companion/partner, natural health clinic-retreat, organic agriculture. Jane, C/- PO, PALMWOODS 4555.

MALE, 37, interests incl walking, gardening, dinners, GR lifestyle. Like to meet single lady, n/smoker, s/drinker, no kids, for friendship/r/ship, interested GR alternative lifestyle. Ross, PO Box 569, SUNNYBANK 4109.

FRENCH LADY, petite, early 40, slim, attractive, educated. No children but animals. Likes: privacy, nature, animals. Dislikes: noises, tobacco, children, disco. Likes to meet discerning gentleman with similar lifestyle, age open. Please write: PO Box 555, TOWNSVILLE 4810.

FRENCHMAN, naturalised Australian, young 49, Aquarius rooster, healthy, handsome, no ties, n/s, n/d, vegetarian, self-employed. Successful natural therapist, nonreligious, nonpolitical, nor into sport, but spiritually aware

**DEADLINES: GR 113 - DEC 22ND
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and into quality of life. Likes togetherness, homelife, beach, bush, outdoors, organic gardening, meditation and anything that brings two people closer. Also very practical, inventive and handy. Seeks a sincere, intelligent, affectionate, considerate, demonstrative, gentle, caring, nifty presented lady of any nationality, view lasting partnership/marriage. Please send detailed reply including date of birth, photo, ph no or postal address to: PO Box 514, MACKAY 4740.

THERE MUST BE A LADY under 40 who would like to meet a broad-minded, tall, OK looking guy over 40, own business, s/d, full of fun. Life is too lonely alone. I'm divorced, no family, ex-farmer, languishing away in lovely Qld. Worn well - not out. You would love animals, bushland, be very rational, broad-minded, s/d, very loving, unconventional, extrovert. If you need a true friend, write! Photo appreciated. OZ (GR 112), C/- PO Box 242, EUROA 3666.

ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR. We will re-address & forward it.

CREATIVE 47 year old (Libra) male, own home. Close to beach, would like to correspond first then meet female with reasonable looks and figure, good sense of humour, be clean & tidy, honest down-to-earth type, kids OK. I love the bush, beach, camping, fishing, exploring nice places, fossicking and the simple little things in life that mean a lot. I am free to travel to meet, for more info please send photo if possible and some details of yourself. All replies answered. LN (GR 112), C/- PO Box 242, EUROA 3666.

LADY WITH A MISSION, perhaps an overseas trip, business venture, an investment or, you are seeking to accomplish a dream. You are cute, lively and intelligent: you are looking for me to encourage assist, accompany and share. I'm Kel (GR 112), C/- PO Box 242, EUROA 3666.

UNUSUAL, AESTHETIC, strong minded, successful in commerce, with bohemian bent, farmer seeking another dimension in r/ship with 20-45 yo, females only. Neither worship nor fear wealth. No slave to convention or fashion. H K (GR 112), C/- PO Box 242, EUROA 3666.

LADY, FIFTY, n/s, n/d, fit, good presentation, educated, no ties, interested in healthy living, meditation, yoga, personal growth, natural therapies, permaculture, enjoys nature, outdoors, gardening, animals, good conversation, creativity, values tenderness, caring, sharing, loyalty, respect, honesty, willing to relocate, wish to meet soul mate, emotionally stable, affectionate, happy nature, practical, intelli-

gent, any nationality. Details with photo, date of birth to: A B (GR 112), C/- PO Box 242, EUROA 3666.

VICTORIA

IS THERE A LADY OUT there who likes quiet peaceful country life? Interested in naturopathy, astrology, astronomy, classical music, gardening, warm firesides? I'm 47, n/s, s/d, live with my son in our mud brick house on 5 ac. Share intimate w/ends/holidays. Michael, White Gum Rd, BARKER'S CREEK 3451.

LADY, FIFTY-ONE, fit active, capable, supportive. Hopes to relocate to NSW to semi-self-suff plus homerun sml business. Seeks gentle, caring male, into personal growth, honesty, outdoor life, good humoured, tolerant. Initially friendship, possible permr/ship. J Smith, PO Box 367, GISBORNE 3437.

HI, MY NAME IS JEFF. I am 10 1/2 stone, 5'4" tall, I have brown hair and eyes, age 43. Born in England never been married - a little tooshy. I don't smoke, I drink socially, I like country drives and walking and simple things in life: old buildings, churches, and I am spiritual. I have a good sense of humour. I am looking for someone who is caring, honest, sensitive, understanding and your age can be open. Hope to hear from someone nice soon. You can ph my number after 7 pm: 03-9725-7067. Or write to Jeff, PO Box 156, BORONIA 3155.

MALE, AUST, 34, n/s, n/d, n/religious & vegetarian. I'm 6ft with a slim athletic build, 66 kg, and have blue eyes, shoulder length brown hair, medium complexion and reasonably good looking. I enjoy keeping my body fit and healthy & interests incl gardening, music, art, recycling, travel, permaculture & sport. Would like to meet a vegetarian woman, a hippy type with long hair who is able to have a laugh and not take life too seriously - a creative woman who especially loves gardening and nature, age 30-45. I regard myself as being easy-going, patient, honest & appreciative. A photo would be nice, all letters answered promptly. Interested? Please write: Greg, Box 454, ELSTERNWICK 3185 Victoria.

ENLIGHTENED, SLIM, SOBER, Aries male, moon in Scorpio. Relocating to Qld to build spiritual retreat. Grateful to meet spiritually mature female partner, 40-60 yrs pref. A awareness of egocentricity in r/ships; solving past karmas showing existential medativeness, capable of listening while being open to real intimacy and vulnerability without fear for commitments. Capable of love, surrender, loyalty and openly dealing with anger. Reverence for self, showing it to body and spirit. Enjoyment of simple things shared in total equality. Perm r/ship. Please contact confidentially, pref with photo & astrol signs: Anutosh (GR 112), C/- PO Box 242, EUROA 3666.

If you doubt the wisdom of replying to any ad - trust your intuition

GRASSIFIEDS

CONTACTS

VICTORIA

FEMALE, THIRTY-SEVEN, seeking caring n/s male for friendship/perm r/ship. slim attractive, professional. Loves animals, outdoors, Reply: J Cen/Vic (GR 112), C/- PO Box 242, EUROA 3666.

WISH TO CONTACT lesbian or lesbian friendly woman see 'Woman owned organic farm' in 'Opportunities'.

MALE, FORTY-TWO YEARS YOUNG, 6'3", sincere, genuine, strong and reliable, with good SOH, n/s, light s/d, no drugs. I like the simple things in life and have strong family values. I would like to spend the rest of my life with someone I can get close to. Someone who I can dream, plan and share achievements with. I like to be active and will try anything once. I tend to be very easy-going and at times romantic. If you would like to share your dreams with me then please write. I am genuine and will answer all letters promptly. Age and children are no barrier. Write to: Ted (GR 112), C/- PO Box 242, EUROA 3666.

FEMALE, TWENTY-TWO, vegetarian, interested in becoming self-suff. Seeking like-minded male with view to perm r/ship. Interests incl permaculture, cooking, travel, craft, Ramtha philosophy. No religious affiliation. Interested? Replies to: Will (GR 112), C/- PO Box 242, EUROA 3666.

LADY 38, down-to-earth, practical, adventurous spirit. Enjoy gardening, wildlife, most music, other cultures and more. Would like to experience life in Antarctica. Hoping to meet my life-long friend, to live self-suff and be constantly high on life. Please write to: Life-long Friend (GR 112), C/- PO Box 242, EUROA 3666.

GENT, SUPERANNUATED, clean respectable, in 60s, not over-weight, old-fashioned values. Loves all animals, likes organic gardening. N/s, very light s/d. Seeks female in

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country with similar views requiring work and companionship. Full respect for ladies. EY (GR 112), C/- PO Box 242, EUROA 3666.

SEEKING A FEMALE, soul mate. I'm 40 years young and live near Lakes Entrance. I'm a loving, caring romantic, a nonsmoker and spiritually aware. Seeking someone to be a good friend as well as a lover, age open, kids OK. Please, please please, write and I'll tell you more. Cliff (GR 112), C/- PO Box 242, EUROA 3666.

WESTERN AUSTRALIA

CARETAKER TO CARETAKER! Geniune mate, 36 yo, 5'9", very kind, caring, broad-minded and very lonely, due to his location in the remote Pilbara, is seeking a mature, adventurous and intelligent female. Companionship is most important, because it's a long drive to the next human settlement. Employment as a housekeeper/gardener and part-time fieldhand possible. I've got a good sense of humour and a great smile, blue eyes, long blond hair, strong 88 kg. I'm a Drum smoker and a beer drinker. I love the landscape, the wildlife, the peace and freedom of the country. But where is the honest SHE who would like to share the excitement and the job with me? Ph: 091-767-945. Or write to: Kurt, Normay Mine, PO Box 593, PORT HEDLAND, WA 6721.

TASMANIA

EASY-GOING MALE would like to meet a sincere lady any age to 40. Interests incl country life, self-suff, travelling, communicating, togetherness. Interested? Please ph Peter, 002-893-317.

SOUTH AUSTRALIA

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The RCD Program will be carefully monitoring the spread of RCD and following up with warren ripping, shooting and baiting. Simultaneous predator reduction may be required in some habitats to protect native animals. All the evidence from overseas and from Australian tests confirms that the virus does not affect other species, including humans. Affected rabbits become progressively sluggish and usually die without

any signs of distress within 30-40 hours.

Domestic rabbits can be protected from RCD in a number of ways: provide good insect control, as done now for myxomatosis, with appropriate meshing around hutches; practise good hygiene through not sharing equipment with other rabbit owners, avoiding contact with outside rabbits and quarantining new arrivals; obtaining vaccine from veterinary surgeons as it becomes available.

The outbreak of RCD, though released prematurely through deliberate human intervention, provides an opportunity to permanently rid Austral-



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For further information about the RCD Program contact: Niall Byrne, 052-275-426.

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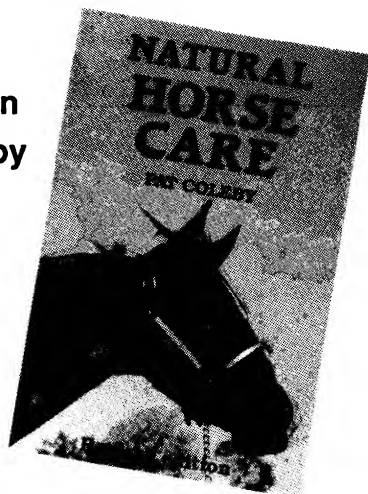
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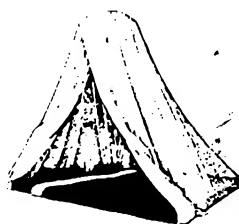
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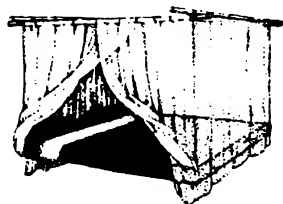
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